

Health - 1913

# SOUTHERN DOCTORS HOLD PRELIMINARY TO BIG CONVENTION

Medical Association Will Be  
Formally Welcomed to  
Lexington Today For  
Annual Meeting

MILK SYMPOSIUM IS  
OPENING-DAY EVENT

Vital Statistics and their Im-  
portance Also Discussed  
by the Experts

All day yesterday physicians and surgeons of National reputation were arriving in Lexington, the birthplace and home of some of the most distinguished surgeons and physicians the country has ever known, to attend the seventh annual session of the Southern Medical Association, which technically began yesterday, but which does not really get into full swing until today.

At last year's session of the Southern Medical Association, held at Memphis, Tenn., one lone Lexington physician was present, Dr. Thomas C. Holloway, who has since settled in Memphis. Dr. Holloway began to think, while in the second city of the fair state of Tennessee, what a fine thing it would be for the Southern Medical Association to hold its 1913 meeting in Lexington. Accordingly Dr. Holloway invited the doctors to come to Lexington and when they accepted his invitation he was immensely pleased. So the dream of Holloway became the reality of today.

## Home of Distinguished Doctors.

Lexington is the home of distinguished physicians, almost as truly as it is the home of fine horses, beautiful women and superior Bourbon. The first school of medicine ever established in the Mississippi Valley was the old Transylvania school, which was founded by Dr. Samuel Brown in 1800, and was continued until after the Civil War.

Dr. Brown, Dr. Benjamin Winslow Dudley, the most famous lithotomist; Dr. Walter Brashear, the first man in the world to perform the hip joint operation, and Drs. Robert Peter, Charles Wilkins, Charles Caldwell, the first American phrenologist, and

scores of others have fixed the fame of Lexington and Transylvania as the home of celebrated surgeons and capable physicians.

## Eminent Northerners Here.

Lexington is the northernmost city in which the annual convention of the Southern Medical Association was ever held, and this fact has attracted eminent physicians from the North, who arrived in this city yesterday. So Lexington is not only the host today of the ablest and most distinguished surgeons and physicians of the South, but of many from the North as well.

While the great majority of the papers read and the addresses given will be of cardinal interest and importance to practicing physicians, the general public is invited to attend a number of sessions. Subjects such as "Milk," "Eugenics," "Preventive Medicine" and the like, are of as much importance to the private citizen as to the professional man, and these are topics that will be much discussed during this week's convention.

## Monday's Session Preliminary.

As a preliminary to the opening today, was a conference of public health officers at which vital statistics, hookworm, milk inspection and eugenics were discussed.

The first session at the Phoenix Hotel auditorium, was called to order yesterday afternoon at 2 o'clock with the chairman, Dr. J. Y. Porter, of Jacksonville, Fla., presiding, assisted by the vice chairman, Dr. C. E. Terry, also of Jacksonville.

Dr. A. T. McCormick, secretary of the Kentucky State Board of Health, of Bowling Green, was the first speaker of the afternoon and extended to the doctors assembled from all over the United States a most cordial and hospital welcome, to which response was made by the chairman.

Dr. Porter thanked the local members of the association for their active interest in the meeting and was strong in his praise of the excellent milk furnished by the local dairymen and the activity of the Board of Health in keeping it up to the standard.

## Vital Statistics Discussed.

After these addresses had been delivered the assemblage got down to work, the subject of the hour being "A Symposium on Vital Statistics." The first speaker was Dr. Cressy L. Wilbur, chief statistician of the Census Bureau, of Washington, D. C. In his address on the "South's Greatest Public Health Need" he urged the citizens of the South to stop at nothing short of success in their effort to establish a perfect system by which all deaths and births should be accurately recorded.

"Vital statistics," he said, "have well been called the 'bookkeeping of humanity.' The records of births and deaths, interpreted in the light of progressive sanitary science, are not dry figures, dead and dusty mementoes of the past, but are living facts pregnant with a message of helplessness and life saving for the men,

women and children of the present and future.

## Warn of Untimely Deaths.

"They teach us where untimely deaths occur and where, by the application of the subject was opened by Dr. V. L. Heiser, of Bowling Green, and Dr. W. A. Plecker, of Richmond, Va., and Dr. H. H. Shoulders, of Nashville, Tenn., participated. All three speakers urged that the members of the association take steps to interest the public in the subject and do what they could to accomplish success in the establishment of registration's officers.

## Hookworm Symposium Postponed.

The next hour of the afternoon was to be devoted to the "Symposium on Uncinariasis," but owing to the absence of a number of the members who were to deliver addresses on this subject, it was passed until today and the time given over to the "Symposium on Milk." This conference was interesting and beneficial in all details and proved to be the feature of the afternoon.

Dr. W. A. Evans, president of the American Milk Commission, of Chicago, read the official report of the National Milk Commission, giving in detail statistics obtained by the body from all over the United States. After the report had been submitted he urged that the assembly endorse it out of consideration of a motion to that effect, was postponed until today. In addition to the report Dr. Evans gave a short talk on why milk should be certified.

## Milk Inspection Discussed.

Following Dr. Evans, Dr. J. H. Landis, City Health Officer of Cincinnati, spoke on "Milk Inspection in Cincinnati." "The story of the city's crusade for pure milk," he began, "if written by an author of one of the best sellers, would make a narrative full of human interest.

"It would not be a 'pretty story,' for the reason that it would disclose big business and dense ignorance arrayed against the innocent and defenseless, a plethoric pocketbook against the cradle, dividends versus infant lives.

"Publicity and prosecution are the most potent factors in improving dairy conditions. Moral suasion has its place, but one successful police court prosecution with the attendant publicity, as an educator, reaches the understanding which is located in the pocketbook.

## Moral Suasion Too Mild.

"Moral suasion speaks in a whisper; prosecution delivers its message in stentorian tones through a megaphone.

"Arguments based on bacterial counts means little or nothing; a \$50 fine can be understood by any one. That's the way we did it in Cincinnati."

"State Control of Milk and Milk Products," the title of an address to be delivered by Dr. W. H. Rowan, of Jackson, Miss., was the next number on the program, but owing to his absence, the address went over.

## Allen Tells of Surveys.

"The Sanitary Milk Surveys in Kentucky—Some Facts, Methods and Results" was the title of the address delivered by R. M. Allen, superintendent of Pure Food, Lexington. The address was of local as well as State importance and was heartily endorsed by the assembly. Mr. Allen spoke in part as follows:

"Kentucky was the first state in the Union to abolish swill dairies. The pure milk work in the State saves consumers annually nearly a million dollars' worth of water. We have only about sixty-two dairymen now in Kentucky who water their milk and they are all listed and closely watched.

"All of the dairies in Kentucky are listed on the score card and the work includes bacteriological examination among the dairies to teach them what it means and to show them how to protect their milk. Pasteurization is necessary for most of the milk going into the large cities. The ideal plan is to fill the baby's bottle direct from the bucket milked from a healthy cow in a clean stable. The cooled bottle can then be shipped anywhere."

## Tells of Two Dairies.

He told of the two dairies in Lexington, one the plant of a man with many millions, Mr. Haggin, who, he said, had given dignity to the dairy trade; the other the dairy of an ordinary farmer, Mr. Loughridge, who had converted a buggy shed and a log cabin into clean, concrete places and demonstrated that clean milk is easy for the man with small means.

Mr. Allen is also president of the newly formed American Pure Food League, which includes some of the foremost pure food workers and philanthropist throughout the country. He advocated, as an original plan of his own, that the health work of the nation be organized into an inter-state health commission, similar to the Interstate Commerce Commission.

"This would overcome the objection to any medical school controlling, as is urged against a new cabinet member for public health. On it I would unite the physician, the chemist, the sanitary engineer and the man who had demonstrated integrity and ability in practical affairs. I would bring Colonel Gorgas from Panama as a member," he said.

He also advanced the plan for a school of public health at every state university to build up local health needs and to make the work educational and constructive.

## Pure Milk Supply Claimed.

He claimed for Lexington the demonstrated purest milk supply of any city of its size in the country as a result of close co-operation between city and State officials and the dairymen, under a model ordinance.

Following the delivery of Mr. Allen's address his paper was discussed by Dr. Powhatan S. Schank, of Norfolk; Dr. William Litterer, of Nashville, and Dr. L. C. McBrayer, of Asheville, after which Dr. Lee A. Stone, of

Memphis, Tenn., delivered the last address of the afternoon on "Eugenics."

The speaker presented some vital statistics on this subject and urged that several resolutions tending to promote the welfare of the public be adopted. These, however, will not be passed upon until the session today at 2 o'clock.

## How Negro Can Be Benefitted.

If landlords can be induced to build better houses, if municipalities will insist on better sanitary conditions, if the negro is given more information, better educated especially with reference to social hygiene, there will necessarily be an improvement in the race and this to the benefit of his fellow being, the white man.

This was, in substance of the talks during the night session of the Southern Medical Association in the symposium on "The Negro in Relation to the Public Health."

If the negro is shown the advantage of better conditions, taught what he should do and then the white citizens in communities help him by giving him proper environment and assistance he will improve both in health of himself and contribute toward the better health of the community.

## Dr. Terry Reads Paper.

Dr. C. E. Terry, of Jacksonville, Fla., read the only paper out of five programed for the evening. His subject was "The Negro a Public Health Problem." Dr. Terry indulged in statistics and said that more could be judged about real conditions if more complete statistics could be obtained. Only a few Southern states keep complete and reliable vital statistics with reference to the negro and hence much of scientific value is lost.

Preventive measures are hard because little knowledge has been imported in the far South, where negro populations are densest.

The United States mortality rates given for the registration area of the entire country, he said, are for 1911, 1,373.7 for the whites against 2,369.0 for the negro per 100,000. This great disproportion affects the total mortality of the registration area but slightly, the total figures being 1,415.9, but it must be taken in consideration, said he, that but a small proportion of the South is included in the registration area—only three states. Were the whole South, with its universally high negro mortality within this area, the death rate of the country would be considerably higher.

## Servant Carrier of Disease.

The disease-infected negro servant as a carrier of diseases into white homes was discussed. There was a difference of opinion as to what extent this was theoretical or real. One physician said he thought the family doctor should examine family servants, white or colored, at proper intervals and in this way the spread of diseases prevented. The negro was denominated a pretty good imitator and was said to usually contract about the same diseases that white people



contract. Dr. P. D. Robinson, colored physician, who happened to be present, asked the privilege of the floor to say that it was true the negro was an imitator and some times imitated the bad of the white man as well as the good, but his experience had been that the negro with good environments, who had worked for good white people, white people who kept clean homes and were otherwise careful in observing theories of sanitation, usually made a decidedly improved citizen.

Discussion arose at this point over Dr. Robinson's being given the privilege of the floor and after some debate and by motion the remarks were voted expunged from the record.

The meeting closed with the general summing up that the white people owe it to themselves to give closer attention to the problem of the negro with relation to the public health and that more education, better living conditions along with encouragement

will help materially toward solving the problem.

## How New Zealand Is Saving Children by Simple Precautions.

**D**R. F. TRUBY KING, founder and President of the Society for the Health of Women and Children in New Zealand, presented a report of the work of his society at the Medical Congress in London in which he showed what a large number of lives had been saved by his organization at an annual expense of only \$25,000.

He presented a table showing the de-

unobtrusive manner that not the slightest resentment is shown by the recipients.

And the intelligent Government of New Zealand, realizing the value of the society to the country—every healthy adult is worth to the State, they say, as much as \$1,500—subsidizes it by adding \$4.75 to every \$5 raised for the nurses.

Within a few months of the founda-

crease in mortality among infants under one year in Dunedin, where his society operates, as compared with the death rate in other large cities.

It is not only the poor people who require educating in this way, according to the doctor, but cultured and well-to-do mothers need quite as much instruction, which is given in such a friendly,

tion of the society it built a hospital for babies—the first in Australasia.

Not only is the hospital held available for the teaching of actual mothers, but potential mothers—girls in their teens and expectant mothers—are encouraged to attend weekly lessons and demonstrations or to enter the institution for a short course of training.

|         |                                                           |
|---------|-----------------------------------------------------------|
| 28%     | ST. PETERSBURG and MOSCOW (1910)                          |
| 17%     | VIENNA (1910)                                             |
| 15½%    | BERLIN (1910)                                             |
| 14%     | GLASGOW (1910)                                            |
| 12%     | PARIS (1910)                                              |
| 10 1-3% | LONDON (1910)                                             |
| 8¾%     | STOCKHOLM and CHRISTIANIA (1910)                          |
| 8%      | DUNEDIN—Average Infantile Mortality for 7 years (1900-07) |
| 6½%     | —Average Infantile Mortality for last 5 years (1907-12)   |

## ABLE DEFENCE OF AFRO-AMERICANS BY ONE OF SOCIETY OF FRIENDS

*The Philadelphia Courant*  
Oct 4-13

A recent issue of the Philadelphia Public Ledger contains a special telegram from Wilmington, Del., announcing that the \$15,000 appropriated by the state for the Delaware Tuberculosis Commission to use in providing a hospital for colored tubercular patients is "going a begging" because "the residents of no section of the state are willing that the colored hospital shall be located near them." It adds "meantime there is no place in the state where colored tuberculosis patients may be taken for treatment." The Legislature seems to have done what it could in appropriating the needed money—has it no power to replace a legislative committee that refuses to meet and select a site?

It has been possible to establish in Delaware three hospitals for "white tuberculosis patients," so it seems to be the "color question" that is interposing itself. If the state shows itself to be helplessly in the fetters of this unchristian prejudice, has the Church no voice of command? There is such cruelty in the situation! The colored race is a part of our population, not by their own intrusion; but because white men forced them away from their own country to make them slaves in this. The wrong done to the black race from the beginning is perpetuating itself in the hatred or the scorn toward it of the tyrant—the despoiling race. Can our white race not see that, binding chains upon the heels of the Negro, we are inevitably blinding the other end about our own necks! This is God's unalterable law of "poetic justice"—how can we be

so blind as not to see this! The despoiling race has so far corrupted the black race that it has created a new type, of vitiated moral sense coupled with the destructiveness of the despoiling race. Can we not see how we are playing with the sharpest of edged tools—how we are laughing God to scorn?

This word is written specially to Young Friends beginning a new year of activity, to bid them pause, and consider this threatening situation; to make them feel themselves appealed to, as never were men and women appealed to before, to make themselves the "right hand of God" to work out his last will. Leave it for other nationalities to teach the spiritual religion of Christ to China and India—it is the inheritance of young men and women of this country, to discharge the indebtedness of their forefathers; and it is the very special mission of Young Friends to ally themselves with this just cause, and apply Christ's teaching right here in their own country.

Read over and over until you are saturated with its appeal, Christ's impassioned summons of all the nations before him, to be separated "as the shepherd separateth the sheep from the goats." We know there are sick who are denied chances of healing because their skin is of a different color from our own—this is almost the least of our offences against them. God, manifesting himself in Christ the tender and the terrible, has these words to say: "Inasmuch as ye did it not unto these least, ye did it not unto me."—Elizabeth Powell Bond in Friends' Intelligencer.





WILLIAMS

# Keep Healthy

By Dr. A. Wilberforce Williams

A Weekly Talk on Preventative Measures, First Aid Remedies, Hygienics, Sanitation. No Cases will be Diagnosed and No Prescriptions will be Given in This Column

Dr. A. Wilberforce Williams  
VENEREAL PLAGUES:

Menace to You and All Humanity—The Twin Sexual Plague, Syphilis and Gonorrhea—The Bold, Ferocious Expressions of This Department—Writing Plainly—Calling Things by Their Common Name and Why—Noblesse Oblige.

We have been writing and trying to convey to the people certain information concerning two deadly diseases—syphilis and gonorrhea—for the last six weeks. We have received considerable criticism on the boldness of our expressions, and it is claimed that we have been ferocious and brutal in telling the truth, and the men and women are aroused, and are talking, and discussing the articles, behind closed doors, which have appeared in this column within the last six weeks and are much alarmed over the breaking of the criminal conspiracy of silence. We are pleased with this arousement and hope that the good people are so moved that they will in all future time place their taboo on "damaged goods" as it relates to the purity of the sex. And that it is to be hoped that the fear, light, knowledge, intelligence and the new awakening among the people may cause a revolt against the old customs and way in which we have been living heretofore.

But, why be bold and tell the truth? Noblesse oblige.

Man owes a duty to mankind. Man has obligations, and responsibilities that he must measure up to and shoulder. This is why. He who realizes that a disease more terrible, more ravaging and devastating than any other known to civilization is threatening degeneracy

and destruction to the whole human race; that the condition exists, and is becoming more and more alarming daily because of ignorance, fostered and encouraged by false notions, and a false delicacy which declines to discuss the subject, except behind closed doors; every man owes a duty to himself, to his family, and to the people in general to utter as loudly, as decently, as courageously, as boldly as he may the word of warning, encouragement to action by individuals, by clubs, by state, to bring about remedial measures to arrest and stamp out of existence, this terrible scourge to society. The average layman knows nothing of this terrible peril to society. Only within a few years that medical men, the pulpit, teachers and publicists in general have had the intelligence and the courage to speak out in uncertain terms to the people on this subject.

## Disease Everywhere.

This disease invades all grades of society. It is claimed that every fifth man, woman or child in New York City is or has been infected with venereal diseases and that 4,750 physicians claim that there are over 250,000 new cases every year in New York City. There are over 200,000 cases of venereal disease in the city of Chicago today.

## Fathers and Mothers.

Now, fathers and mothers, if you want to know why we are speaking out so boldly against this demon out of the human race, this is my answer:

Do you realize that your son has only one chance in five reaching adult age without being tainted or contaminated by the venereal curse?

Do you realize that your beautiful daughter has only one in five, or seven chances, of marrying a man who has not been touched by a disease which may be communicated to her, which may render her sterile, a confirmed invalid; that the children which may come into the family are

handicapped or diseased for life?

This condition, bad as it is, is growing worse daily because you and I have been ignorant or criminally silent on the extent of the peril or were lacking in conviction and courage to speak out in no uncertain terms to the people on these matters.

Now, since we know of the dangers, shall we warn our children, our young people, our fellow beings, or brutally persist in silence and thus let them walk blindly into the pit dragging the race after them and destroy it?

## Extent of Syphilis.

Do you know, dear friend, that syphilis alone is responsible for 90 per cent of the locomotor ataxia? For a large per cent of still born children and many premature deaths in children? For nearly all of the apoplexy, paralysis and sudden deaths?

Do you realize that it is the consensus of opinion of the best medical authorities that syphilis alone shortens the average life about one-third? And that it often rots away the infected one or imposes on his offspring all manner of defects of physical and mental ailments, and that 606 is not always a sure cure for syphilis.

Do you realize that this disease may be communicated by contact—by the use of the common towel—the public drinking cup—kissing, and even hand shaking?

Do you realize that Gonorrhea is a serious and terrible disease, and that many young men foolishly regard it as a joke, and that it (gonorrhea) is responsible for race suicide, blindness in children and sterility? Again, do you realize that gonorrhea is responsible for from 75 to 80 per cent of abdominal and pelvic operations on women; and further, are you conscious of the fact that the gonorrheal germ may be carried dormant by the man for many years after apparent cure—all signs of discharge gone—and then be transferred to an innocent wife—become malignant in her and may necessitate ovarian operation or operation for removal of appendages and thus cause a life of unhappiness?

These are only a few of the counts against the venereal twins, Syphilis and Gonorrhea. We hope, however, enough to convince every sane man and woman to thoroughly into the matter, and that he or she, who after considering these facts, shall then insist that the subject is too delicate for the freest and fullest discussion, may deserve and should receive a full condemnation of all good people; and "the hell on earth" which the venereal scourge sooner or later will create. But, neither he nor she should be permitted by the criminal conspiracy of silence to encourage

others to walk uninstructed, unwarned in this "hell on earth."

We plead with you, fathers and mothers, to exercise the same intelligent care of discretion in the selection of your future son-in-law that you would exercise in the selection of your horse, cattle, or other domestic animals. You would not think of bringing a hog infected with cholera among other healthy hogs, nor would you think of bringing a tubercular steer among other healthy cattle, or a horse with blind staggers among other healthy horses, nor would you think of buying damaged goods and pay the same price for them as you would pay for good sound goods. Then, why not for the good of your dear son or daughter—for the good of the unborn—for the good of the race—inquire into the physical condition of those who enter into the matrimonial alliance, instead of inquiring about what does he do? How much does he make? How much money is he worth, or whether he is handsome, and whether the offspring will be beautiful or not, whether the eyes are gray, blue or brown, or the hair long or short, straight or kinky black or auburn? Why not, good parent or guardian, demand a clear bill of health?

The young man or the young woman who objects to presenting a clear bill of health consisting of a physical and mental examination has something wrong with them and should not be allowed to marry.

The time will come when the State forced by the good thinking people in society will take charge of the matter and have intelligent physicians above bribery, to make these examinations and thus protect society.

We call upon the ministers of the gospel, the moulders of, and the leaders of public thought, to lend a hand to this interesting and vital and immediate matter, for its nature and future results are of paramount interest to the race.





# Keep Healthy

By Dr. A. Wilberforce Williams

A Weekly Talk on Preventative Measures, First Aid Remedies, Hygienics, Sanitation. No Cases will be Diagnosed and No Prescriptions will be Given in This Column.

## The Tuberculosis Crisis.

We are face to face with the crisis in the taking care, according to modern plans and treatment, of seventy or seventy-five thousand colored citizens of Chicago. We need to gird up our loins and make a fight or build a place where the members of the race with money and intelligence, who desire to secure the best sanitarium treatment for those who are so unfortunate as to be afflicted with the great white plague may be given treatment.

## A Concrete Case.

On Saturday, September 6, a man of intelligence and with plenty of money to pay for the proper care of his wife applied to the head of this department to secure admission for his wife in one of the various tuberculosis sanitariums. We got busy and remembered that Mr. Patten of Evanston had announced about two years ago that he built an institution for the care and treatment of those afflicted with tuberculosis, where all races and people with small or large means could be treated in this institution, which is known as the Chicago Fresh Air Hospital, located at Western and Howard avenues, nearly on the border line between Chicago and Evanston. It is a beautiful building, magnificently appointed, and arranged for taking care of consumptives in all stages, and they have had all nationalities there except one, including Chinese and Japanese. I don't know whether they have had an Indian there or not, but they have never had an Afro-American or colored person there, and never expect to take one, because no provision has been made to take them, and the waiting list is always full to overflowing, whenever the Negro consumptive applies. We spent three hours at this hospital on September 6, more or less, in trying to convince the superintendent

or physician in charge that, as the Fresh Air Hospital was built by Mr. Patten for any and all the people of Chicago, and that I could not see any difference between a consumptive white man or Chinaman and the Negro—that one was just as dangerous and as much of a menace to the community as the other; that one had as much right to be given a chance to live as the other; that this man had the money and was willing not only to pay the regular fee of \$12.50 per week, but would pay \$15 per week for the care and treatment of his wife, and could furnish good security of one thousand dollars for the hospital fee in order that his wife might enter this sanitarium and be given a chance for her life, as this is an early case, I fully believe that Mrs. X. could be wholly cured and restored to health in from eight months' to one year's time.

## Napierville Sanitarium.

Being denied admission for my patient at the Chicago Fresh Air Hospital, we made an effort to secure admission at the Napierville Sanitarium, which is located at Napierville, between Chicago and Aurora, Ill. It is a very well equipped, and we understand that they have capacity for a little over a hundred patients, but they take only persons in the early stage of the disease. Mrs. X happened to be a very early-stage person but we were very unfortunate in not being able to secure entrance in this sanitarium as the waiting list was overflowing. There was no use trying the Windfield Sanitarium, as it was a Jewish sanitarium for Jewish people only. We then turned our attention to the Waukegan Sanitarium, having read their advertisements soliciting early-stage patients; but as yet we have not been able to secure Dr. Waterson's consent to admit this lady of African descent who can be cured and has the money to pay for the services of curing her.

Oak Forest.

We are now trying to get Mrs. X into this department, or if you have any at Oak Forest and secure a tent for constructive suggestions to make with her there. Although this is a county endeavor to set them in opera institution, paid for out of the money for the good of the whole people of the tax payers, it seems that this poor woman in order to get into this institution is called upon to pay a small sum for her care and to bring certain political pressure to bear in order to get by the "overflowing or crowded waiting list" to enter this institution. She is still waiting, and growing worse each day while she waits.

## Dr. E. J. Fisher Right.

Rev. Dr. E. J. Fisher, on hearing this sad story and the fruitless effort made to get Mrs. X into one of the various places for the care and treatment of early tuberculosis, said last Sunday at Bethel Church that the colored race of Chicago ought to be ashamed to dress and parade the streets in the costly uniforms nearly every Sunday from April to October and yet not build or own a place where they can be properly taken care of and given a chance to be restored to health for fear of drawing the color line, and that the seventy or seventy-five thousand colored people in Chicago should come together and provide a suitable place to care for those who have money and are willing to pay for a chance to live, and not be humiliated by knocking at the door where we are not wanted; and being refused under the subterfuge that the waiting list is overcrowded.

This is the condition that we are up against, ladies and gentlemen, and not a theory. There are thousands of young people in Chicago suffering from early tuberculosis that could be cured and restored to full health and earning capacity in a very short time if they could be taken hold of now and properly cared for. Will you suggest and come forward with some feasible working plan whereby we can take care of or provide for the care of these thousands before it is too late?

## Situation.

This is the situation. If your boy or girl, husband or wife, or any member of your family should be overtaken by the plague of consumption and wanted to remain in Chicago and be treated as other people, this is the route they will have to go: Out to the County Hospital and wait there, with all stages and conditions of consumption, until they could be assigned to Dunning (or the poor house), or perhaps, if you are able to pay, bring sufficient influence to bear and by paying a little money—perhaps \$3 per week—you might be able to get in at Oak Forest if the waiting list is not too great. I hope if you have any constructive plans you will send them to



## BETTER HEALTH CONDITIONS NEEDED.

Discussing the question of the health and morals of the colored people that is now taking up much of the consideration of newspapers and health experts in the Southern States, the Norfolk Journal and Guide says:

The idea that anything is good enough for a Negro, has restricted him to unsanitary environments and is largely responsible for the high death rate of the race, which is not surprising to the scientist when one compares the living conditions of the two races. A close inspection of the communities in which Negroes live usually reveals a lack of modern sanitary arrangements without which no people can be healthy in a city. An inspection of tenements built for the poor Negro wage-earner will reveal nothing less than a system of tubercular incubators. The natural results of these living conditions must necessarily be fearful when we consider the opportunities of the average Negro to learn and to practice the natural laws of health. The ignorance and the poverty of the race are the greatest stumbling block to the Negro's physical development.

To uplift the Negro and increase his efficiency mentally and physically will profit the white man as well as the Negro. To keep him in ignorance and poverty decreases his value as an asset in the community and reacts with tremendous force upon the physical and material well-being of the white race.

It should be impressed more and more upon the minds of those in authority that "anything is not good enough for the Negro." He should begin himself to look at the matter in that way. Until he does so, others will not do so. He must be the pioneer in demanding living conditions for himself by making them better himself. That observation applies with equal force to all parts of the country. Take noise, for instance. It is one of the most destructive agents for destroying nerve efficiency that people have to contend with, and yet colored communities—segregations if you will—here in New York and all over the country are among the noisiest of the noisy. The people simply revel in noise in the streets and in the tenements. I not only undermines health but it is one of the main reasons why movements to segregate colored people are urged everywhere in New York, by property owners if not by legislation. There are whole blocks of tenements in New York we could name where Bedlam reigns after school hours until the lights are lowered for the bed time. It may seem to some to be a minor matter of health and of affecting public opinion for and against colored people, but it is not; it is of the first consideration.

Let us do more than we are doing and have done to teach ourselves and our white neighbors that "anything is not good enough for the Negro," but that we require the best of ourselves for ourselves first, and then of others, not only in our living but in all of our other conditions. In the main we shall get what we demand first of ourselves and then of others.

## O'NEAL SETS ASIDE TUBERCULOSIS DAY

Advertiser Issues Proclamation Naming

December 7 as Date for Concerted Stand Against World-Wide Plague.

11-30-13— In a proclamation issued Saturday afternoon, Governor O'Neal sets aside December 7 as "Tuberculosis Day," in Alabama, and urges the citizens of the State to co-operate in the fight that is being waged against the spread of tuberculosis. He urges all the ministers in the State to deliver addresses concerning this disease on December 7.

Following is the proclamation of the Governor:

"The National Association for the Study and Prevention of Tuberculosis has designated December 7th, next, as National Tuberculosis Day.

"The annual number of deaths in the United States from tuberculosis is estimated to be 150,000, with a property loss of \$330,000,000. Experts have declared that one-third of all the deaths between the ages of 15 and 65 are due to this disease.

No compilation of statistics is necessary, however, to convince the public of the terrible toll of life which this great disease annually exacts. Medical science has made remarkable progress in the study of the causes and methods of preventing the spread of this scourge of humanity. It therefore is clearly the duty of the State to render all possible aid and assistance in checking its ravages.

\$20,000 Appropriated. The State has already established a tuberculosis hospital in conformity with the most advanced scientific thought for the benefit of the State and county convicts. It has already appropriated \$20,000 for the purchase of a site for the establishment of a tuberculosis camp.

"It is evident, however, that it is only by unity of effort on the part of the people of the State, by disseminating the information which has been obtained by those who have devoted their lives to the study of this subject, by observing and compelling the observance of such rules as have been adopted for the prevention of the spread of the disease and the enactment of suitable legislation that we can hope to lessen its ravages.

"The welfare of the State and the cause of humanity alike emphasize the value of earnest, united effort upon the part of all of our people.

"Churches, schools, labor unions, fraternal orders and other organizations are asked to join the anti-tuberculosis workers of this country in the observance of the Fourth National Tuberculosis Day, which has been set aside for December 7, 1913.

To Enlist Ministers. "I earnestly urge that every minister of the Gospel in the State of Alabama deliver a thoroughly modern and energetic message concerning this vast community disease on National Tuberculosis Day, December 7, 1913.

"Information concerning the addresses to be delivered can be secured from the Alabama Christmas Seals Committee, 3111-2 South Twentieth Street, Birmingham.

"I sincerely trust that the people of Alabama will realize that it is their duty to perform every act within their power to check this scourge and to drive it from our borders.

The recent and sudden death of one of the female members of our race from tetanus which, according to the verdict of the coroner, was brought on by the treatment of a severe scalp wound with cobweb and other home remedies, brings to our attention the fact that a surprisingly large number of our people allow themselves to rely upon the active qualities of such remedies even when the case in hand warrants the constant care of a first class physician or nurse.

In this age of enlightenment in which the science of medicine has reached such perfection, and in which the services of the most eminent of our physicians may be secured at almost a nominal fee, it is hard to conceive how anyone can be so ignorant or penurious as to deny himself or those dependent upon him the services of a first class physician whenever there is need for same. Had Lucretia Williams or those in whose care she was, secured the services of a first class physician for her in the beginning of her illness, the chances are that she would be living to day to be of some service to herself and others. But no. Instead of seeking a physician to heal her wound, those who had her case in hand, saw fit to resort to such mild and practically useless remedies as cobwebs, hog lard and the like. The result was, as aforestated, death from tetanus. In the present age there seems to be no reason whatever for any of our

people to allow themselves to remain in such total or blissful ignorance concerning matters pertaining to their health and of every day importance to them. During the civil war and immediately after it when our people were schooled in superstition and its kindred or allied subjects, there was some excuse for the faith which they placed in the so called root or hoodoo doctor; there was some reason for the sacred esteem with which they regarded the curative powers of the homely remedies so much in use then. However the world is moving on. The way our grandfathers used to do things has been improved upon. Science has been and is making steady progress. Things can be done now with more completeness and dispatch than heretofore. The trickster and beat can not hold his own in competition. The days of the quack or hoodoo doctor are numbered. Likewise the use of cobweb, lightwood, sassafras, dogwood bark and the like in cases of a serious nature, is being discarded for the services of a regular licensed physician. Our people should learn the lesson that they can ill afford at any time to gamble with their health. Whenever there are symptoms of disease, care should be taken that a first class physician be called into service. The sooner this is learned, the better will it be for us. Those who are able to appreciate the value of the services of a first class physician in cases of serious illness ought to seek to give to those of our people who do not know, such lessons as will make them more intelligent and

more inclined to live in accordance with science, in matters pertaining to their health rather than in accordance with custom. The death of Lucretia Williams ought to stand out as a lesson to many of us.

**SOUTH'S DISEASES WILL BE DISCUSSED**  
Advertiser  
Southern Medical Association  
Will Convene in Lexington  
Today—Many Women Phy-

**Physicians Are Expected**  
11/17/13  
LEXINGTON, KY., Nov. 16—Five well-known physicians of the Southland, here to attend the seventh annual meeting of the Southern Medical Association, which convenes here tomorrow for a four days' session, delivered addresses in as many Lexington churches tonight. Audiences that filled the edifices heard the visiting physicians discuss medical and sanitary topics.

Dr. Oscar Dowling, of Shreveport, La., spoke on "Eugenics," at the Y. M. C. A. Dr. Joseph M. Matthews, of Louisville, spoke at Christ Church Cathedral on "Things We Should All Know." The subject of Dr. Y. C. Bass, of New Orleans, at the Central Christian Church was: "Some Simple Facts Regarding Health." Dr. Fred J. Meyer, of New Orleans, discussed "The Relation of the Masses" at Woodland Christian Church. At the Broadway Christian Church, Dr. A. T. McCormick, Secretary of the Kentucky State Board of Health, talked on "Health Conditions in Kentucky."

Business sessions of the association will begin Tuesday morning but a preliminary meeting is to be held tomorrow. The first day's program includes the annual address of President Frank A. Jones, of Memphis, and an address by Governor Henry D. Hatfield, of West Virginia, addresses of welcome and responses and a reception and dance. Tonight it is estimated that 500 physicians from all Southern States will be in attendance.

The Southern Medical Association is the second largest organization of medical men in the country. It comprises sixteen Southern States. The members have the definite purpose of dealing with diseases prevalent in the South, such as pellagra, hookworm and malaria.

The convention proper will be conducted under four sections, those of medicine, surgery ophthalmology and hygiene and preventive medicine. Those in charge of the various sections are:

Medicine:—Dr. Graham E. Henson, Chairman, Jacksonville, Fla.  
Surgery:—Dr. D. A. Bryan, Chairman, Nashville, Tenn.  
Ophthalmology:—Dr. U. S. Bird, Chairman, Tampa, Fla.  
Hygiene and Preventive Medicine:—Dr. J. Y. Porter, Chairman, Jacksonville, Fla.

In connection with the convention of the Southern Medical Association, the Conference of Public Health Officers of the Southern States will be held, and the Southern Association of Railway Surgeons will be organized.

The subject of discussion at tomorrow afternoon's preliminary session will be the milk question. Dr. W. A. Evans, of Chicago, President of the American Milk Commission; Dr. W. H. Rowan, of Jackson, Miss., and others, will speak on "State Control of Milk and Milk Products." Tomorrow night's session will be devoted to the symposium on "The Negro in Relation to the Public Health."

Cerebro spinal meningitis malaria, and tuberculosis, are some of the diseases to be discussed. A large attendance of women physicians is expected.



Has Department of Hygiene and Health. 3-20-13  
Special to THE NEW YORK AGE.

Downingtown, Pa., March 18.—Downingtown Industrial and Agricultural School, at Downingtown, Pa., is one of the first Negro institutions to organize a Department of Hygiene and Health. This department has for its object the instruction of the students and teachers as well, in methods of taking care of the body and the prevention of disease, by showing how early to recognize morbid conditions, and how to live properly from a hygienic standpoint.

The department was organized last fall at the request of the Rev. William A. Credit, D.D., LL.D., president of the institution; by Dr. Henry M. Minton, physician to the Mercy Hospital, Philadelphia. The course consists first of medical examinations and tests by Dr. Charles A. Lewis. These examinations are made with the object of ascertaining the physical deficiencies of the students, thereby prescribing any particular exercises or methods of living found necessary for their welfare.

These are followed by lectures on the following subjects by the following prominent surgeons and physicians of Philadelphia: "Anatomy," Dr. Henry L. Gowens, Jr.; "Physiology," Dr. Robert W. Henry; "Contagious Diseases," Dr. T. Spotaus Burwell; "Bandaging and Personal Cleanliness," Dr. Thomas G. Coates; "Preventive Medicine," Dr. George G. Strickland; "Surgical Emergencies and Care of the Eyes," Dr. Algernon B. Jackson; "Care of the Teeth," Dr. Richard J. Warrick, Jr.; "Sex Talks," Dr. Henry M. Minton.

These lectures cover a term from December to May. It is expected that their influence will extend not only to the students themselves, but to their homes and the localities in which they may settle after they have left the school. Hence their good may reach hundreds of our people.

LETTER FROM JASPER CORRESPONDENT. 9-22-13  
Editor The Advertiser:

There seems to be some doubt in reference to the integrity of the report sent The Advertiser, giving an account of the recent visit of Captain Hobson's party of experts to this city, and in particular the account of the excellent speech on public health delivered by Dr. C. W. Stiles, the first speaker of the day.

In proof that Dr. C. W. Stiles's lecture on public health was not misrepresented in the condensed account sent The Advertiser by your local correspondent, we herewith enclose The Mountain Eagle account of the visit of Captain Hobson and his party of experts, a paper which stands by Captain Hobson and all he does and says, with the request that you give publicity to the paragraph in reference to Dr. Stiles's lecture on that day.

His whole lecture, as your correspondent interpreted it, was a generalization, based on premises held by the medical profession as a whole, making it concrete by contrasting or comparing the women of North Carolina, as a typical Southern State, frequently substituting the word "South" for North Carolina, as was necessary to make his speech applicable to an Alabama audience.

Perhaps your correspondent made a mistake in stating conclusions in his own words and in a brief form which Dr. Stiles stated at length and in detail, but he did this through his admiration of the lecture, rather than through any desire to harm Dr. Stiles. Furthermore, he asked the editor of The Mountain Eagle, who did not hear Dr. Stiles, if his (your correspondent's) impression of the speech was true to the nature of Dr. Stiles' lecture as reported to him, and he stated that it was.

Now, to be a little clearer, Dr. Stiles was generalizing as stated above, and when your correspondent reported him as saying, in effect, that "the women of the South are weaker in mind and body than the women of the North," he was merely stating that, on a percentage basis, the intellects and physical strength of the women of the South, taken generally, would not balance with the intellects and physical strength of a like number of the women of the North, when taken generally. M. J. McLean

### SEVENTEEN NEGROES DIE; SEVEN DEATHS OF WHITES

Negro deaths in Montgomery during the past week outnumbered the white deaths more than four to one, there being seventeen negro deaths reported with only four white deaths. The following is the list of deaths for the week ending August 2:

Whites—Dan Cook, age 9 years; Dave Lewy, age 41 years; Mattie Bell Booth, age 31 years; E Wright, age 56 years.

Negroes—Mattie Sasey, age 36 years; Mary Pettis, age 39 years; Adelaide Dean, age 1 year; Isaac Thomas, age 40 years; John Toles, age 85 years; Fannie Dasher, age 38 years; Willie Foster, age 42 years; Ella C. Walker, age 49 years; Keeler Allen, age 33 years; Lula Anderson, age 33 years; Martha Phillips, age 77 years; Boston Vickers, age 48 years; Ellen Winn, age 23 months; Infant of Annie Bedell, age 3 months; Ada Thompson, age 26 years; Rosa Henderson, age 63 years; Dorothy L. Howard, age 5 months.

### EIGHTEEN DEATHS OCCUR IN MONTGOMERY IN WEEK

Six White Persons and Twelve Negro Die in This City During Past Week.

Eighteen deaths, six of white persons and twelve of negroes, occurred during the past week in Montgomery according to the weekly mortality report of the City Health and Sanitary Department.

The following is the list of deaths for the week ending November 8:

Whites—Louis Henley, 55 years; J. E. Stuckey, age 38 years; Mrs. H. T. Zuber, age 68 years; Mrs. Margaret E. McGrade, age 45 years; Miss Nina Bruce, age 18 years; Mrs. Zelma Peacock, age 21 years.

Negroes—Malinda Harris, age 52 years; Joe Hartman, age 20 years; Stella Cozman, age 12 years; Rufus E. Freeman, age 64 years; Infant of Besie McCants, age 23 months; Infant of Lou Burt, age 3 hours; Lucy Adams, age 33 years; Joe Green, age 25 years; Jeannette Johnson, age 56 years; Sadie Jackson, age 38 years; Flora Wallace,

age 51 years; Infant of Riley Mason, age 1 month.

VITAL STATISTICS. Special to The Advertiser. MOBILE, ALA., June 28—Vital statistics for the week ended Friday afternoon for whites, according to the City Health Office reports, are as follows:

Deaths—Nelson Webb, Charles L. Yost, T. D. Johnson, Jr., Charles Hoffman, George W. Neville, H. C. Mills, Ferdinand Smith, Howard M. Boullemet, Henry A. Walker, Mamie E. Kennedy, Gussie E. Mills, Nancy J. Sellers and Julia Canavella.

Births—James C. and Mary Johnson, Charles and Mary A. Antoine, boys; William E. and Annie Kelly, Joseph V. and Leak Duff, Aaron C. and Mamie I. Hartsfield, girls.

### TWENTY DEATHS RECORDED IN CITY DURING WEEK

Twenty deaths were recorded in Montgomery during the past week, nine white persons and eleven negroes, according to the weekly mortality report of the City Health and Sanitary Department issued yesterday.

The following is the list of deaths: Whites—Mrs. Elizabeth Brassell, age 34 years; James M. Vann, 64 years; Joseph R. Armistead, age 77 years; Dunstan D. McDuffie, age 55 years; Mrs. F. M. McCutcheon, age 42 years; Mrs. Maria Ann Strickland, age 74 years; Kenneth J. Booth, age 2 years; Emmett Lawrence, age 1 year; Perry E. Haines, age 63 years.

Negroes—John Bunkley, age 22 months; Linda Mims, age 70 years; Ernest Bines, age 20 months; Mary Williams, age 7 days; Infant of Mary Louise Johnson, age 1 hour; Cherry Jackson, age 42 years; Willie Ann Bogan, age 6 years; Infant of Willie Jackson, age 1 month; Eli Shorter, age 65 years; Julius Woods, age 5 years.

Use Savannahian as Driving Force in Appeal For Cleaner Yards.

Prizes Offered by Huntingdon Club. SAVANNAH, GA., MARCH 1, 1913.

Dear Friends:—Some time ago there was a dispute between the people of a sister city and ours—that their's was cleaner and neater than Savannah, and that it is due in great measure to the self respect and pride of the colored citizens.

As no loyal Savannahian would let such a statement go unchallenged, we naturally questioned it. We said that those who worked in our homes were usually as "neat as a pin," and if they kept themselves so surely must keep their homes and their premises likewise.

Sometimes a lot of dirt gets in the streets and lanes from yards where the people are a bit thoughtless or because the hard-worked scavenger man doesn't go regularly to remove the garbage. If the

dirt only blew about the streets and lanes and made them look bad that would be bad enough, but as dirt always breeds disease you can readily see how necessary it is for all who love Savannah dearly, to be "up in arms" and make a "fight" for a nice, neat, clean city, just as we all would be ready to fight a vicious enemy who wished to destroy the city.

As we can not have a clean, healthy and beautiful Savannah without the hearty co-operation of all our fellow citizens we have determined to offer three prizes in gold of \$10.00, \$5.00 and \$3.00 respectively for the best kept—the neatest and cleanest—yards between now and July 1st, 1913. We would like those wishing to enter the contest to give their names and addresses to the pastor of their church as soon as possible. The premises will be inspected at irregular intervals by members of the Club.

Faithfully your friends,  
The Members of the  
Huntingdon Club.

P. S.—The pastors will please send the names and addresses of all who wish to enter the contest as soon as possible to

The Huntingdon Club.  
Civic Department,  
423 Bull Street, City.

DR. P. D. ROBINSON

GIVES ACCOUNT OF AN INCIDENT AT PHYSICIANS' MEETING AT PHOENIX HOTEL MONDAY NIGHT.

Editor LEADER:

At a meeting of the Section on Hygiene and Preventative Medicine of the Southern Medical Association held at the Phoenix Hotel Monday night the question, "The Negro As a Public Health Problem," was discussed as a symposium.

It was brought out in the main that the Negro is unclean, that he has no regard for sanitary laws, that he is a menace to the public health in general and that as a servant he is a carrier of infection, and that the Negro physician makes but little, if any effort to better this condition of his people, having more in mind his fee than the good he might do.

The writer, a Negro physician of 25 years' experience, being present and hearing the discussion, asked the privilege of the Association to present the matter from a Negro's standpoint, which privilege was granted by vote of the Association.

The writer had no desire to intrude, nor interfere with the harmony of the meeting, yet it would seem the part of a coward to sit in silence before such a caustic arraignment; hence he felt in a matter of duty to say in open court why such a sentence should not be passed upon him. He tried to show that disease is a matter of condition and not one of race or color; that in disease there is no aristocracy and that disease germs reign supreme where the best soil for their propagation obtains; that to be physically unclean is to be diseased; that nature's laws which are fixed and unchangeable, deal with the Negro the same as they deal with the white man under similar conditions; that the Negro, granting him to be imitative, copies many of the virtues as well as the faults of the white man; that he is capable of understanding and appreciating the dangers of disease by infection and otherwise and that, in the main he is much inclined to be like in habits to the whites with whom he comes in contact as a servant, a physician or otherwise.

He believed that sanitary laws should be enforced in the Negro settlements just as they are in other parts of the various cities and towns, and that Negroes who are capable of understanding and appreciating the value of sanitary measures to a community as well as to his race should be granted the right to help bring about a wider knowledge of the conditions and needs of his people.

He further insisted that the question of social equality does not enter in any way, into a recognition of a privilege to help bring about a better understanding of sanitary needs and regulations.

The writer regrets that in a discussion of the matter that even some physicians in a meeting of a medical society, saw fit to inject the question of social equality into a subject of so much importance as sanitation and the welfare of the public health. Social equality had nothing to do with it.

After a discussion of the subject by the writer and others, the meeting went into a discussion of whether or not the privilege of the floor, previously granted the writer, should appear as a matter of record.

To preserve the honor and integrity of the white race and after an animated discussion, it was voted that records should not show that a Negro had had the privilege of the floor to discuss the subject of "The Negro As a Public Health Problem."

The writer believes this to be a true statement. He wishes to express his appreciation for the breadth of view taken upon the matter by all of the Kentucky and local physicians present and many from other States.

Thanking the editor for the space and the public for its patience, I am,

Yours respectfully,  
P. D. ROBINSON, M. D.  
144 North Upper street.



BETTER HEALTH, BETTER EDUCATION

The Richmond meeting, November 3th and 7th, of the Negro Organization Society, which aims to federate all colored organizations in Virginia for "Better Schools, Better Health, Better Homes, Better Farms," brought together for hearty co-operation, on a broad platform of public uplift work, the influential race leaders and some of the Negro's best Southern white friends.

Prof. J. M. Gandy, of Petersburg, Va., the executive secretary, gave a summary of the Society's work, showing that it has inspired the building of five graded schoolhouses; has aided in the raising of money for six other graded schoolhouses, at an estimated cost of \$7,000; has aroused the interest of white and colored people in sanitary schools, homes, and churches; has organized school improvement leagues, which aim to improve the physical conditions of rural schools, extend school terms, and raise money for general school purposes; has emphasized the importance of ventilation, cleanliness, and pure water supply; has secured the hearty co-operation of the Virginia State Health Board; has succeeded in showing the colored people the importance of "Clean-up Day," has helped to create a new attitude toward public health safety for all Virginians.

Major R. R. Morton, of Hampton Institute, who is the president of the Negro Organization Society, said: "It plans not merely to pass resolutions; not to find fault; not to criticize either black folks or white folks; not to break down, but to build up; not to separate, but to unite. Our work is for the social, civic, intellectual, industrial, and moral betterment of the black men in Virginia.

"We plan to make the Negro more efficient, more self-respecting, and thereby more respected, more useful to himself and to his neighbors. Our purpose is, not to interfere in any way with the plans, policies, and purposes of any individual or organization. We wish to bring together in helpful, sympathetic, and unselfish co-operation all Negro organizations. We are working together for the good of our people, our country, and our

State.

"There certainly can be no interest more fundamental to the white people than that the black people should be clean and healthy, that they should be efficient and frugal, for disease in the Negro cabin will very likely find its way to the white mansion. For the protection of our white neighbors, to say nothing about the interest of my own people, I want to ask for the continued interest, sympathy, backing and best wishes of our white people than whom there is no finer type to be found in this old Commonwealth.

Dr. Booker T. Washington, of Tuskegee, emphasized the value of having level-headed, conservative, unselfish, and able colored leaders; the importance of white people setting colored people a good example; the necessity of colored people focusing their attention on the fundamentals of life—education, health, and cleanliness.

Governor Mann, of Virginia, addressed 4,000 Negroes in the City Auditorium, and commended the leaders for what they had done to get all Negro organizations of Virginia to work as a single unit for better health and better education. He promised his hearty co-operation in carrying out the Negro Organization Society's plan of improving schools, health, farm, and home-life in Virginia.

Mayor Ainslie, of Richmond, Mrs. B. B. Munford, D. S. C. Mitchell, Dr. H. B. Frissell, Dr. Kelly Miller, Rev. A. A. Graham, Mrs. Maggie L. Walker, W. T. B. Williams, and John B. Pierce were among the speakers at the two-days session of the first annual meeting of the Negro Organization Society.

SEVENTEEN NEGROES AND FOUR WHITES DIED

Ten of Twenty-One Persons Who Died During Past Week Are Upwards of 50 Years Old.

Seventeen negroes and four white persons died within the city limits of Montgomery during the past week, according to the weekly mortality report of the City Health Department issued yesterday. Of this number, ten were over 50 years of age.

The following is the list of deaths for the week ending October 11:—Whites:—James T. Stuart, age 45 years; Elise W. Boyd, age 32 years; J. A. G. Bradley, age 72 years; J. C. Reddick, age 38 years.

Negroes:—Mary Cantrell, age 40 years; Claudie Thomas, age 25 years; Lee Mahone, age 68 years; Jack Evans, age 70 years; Eddie Watkins, age 70 years.

58 years; Joe Fielding, age 41 years; Sallie Minns, age 87 years; Annie Bell Williams, age 30 years; Helen Fair Coles, age 2 months; Susie Shepard, age 56 years; infant of Jennie Davis, age 6 days; Lucy Davidson, age 42 years; Filbur T. Jones, Jr., age 1 month.

VITAL STATISTICS NEEDED IN SOUTH

Advertiser Census Bureau Chief Tells

Public Health Officials This Is Section's Most Important Public Need 11-18-13

LEXINGTON, KY., Nov. 15.—The most important public need of the South today is reliable vital statistics, according to Dr. Cressy L. Wilbur, chief statistician of the census bureau at Washington, D. C. He was the principal speaker this afternoon at a conference of public health officials here today as a preliminary to the annual convention of the Southern Medical Association. The conference this afternoon and tonight considered various important subjects including the "relation of the negro to public health," the night subject, and hook worm, milk inspection and eugenics.

Dr. Wilbur commented on the progress made in Southern States in recent years in the way of vital statistics legislation. He urged the importance of the selection of State registers, said that the compensation allowed and independence of action permitted should be sufficient to obtain the service of well qualified men. In conclusion Dr. Wilbur said:

"A fundamental means by which government may be put at the service of humanity in safeguarding the health of the nation, the health of its men and its women and its children as well as their rights in the struggle for existence, is the recording of vital statistics—the true bookkeeping of humanity. It is to our shame that we have neglected this duty so long, that legislatures and State boards of health have wasted the people's time and money and frittered away the people's lives, through ignorance of the important facts that vital statistics—accurate vital statistics—alone can reveal.

Time for Consideration. When the children's bureau, established for the purpose of protecting the young and charged with the duty of studying infant mortality, is brought to a halt by the absence of the necessary data, it is time to consider why our country stands in the rear and not in the van of national progress.

"Let us remedy this condition, for the south which needs it most, and for the entire United States, by beginning right here with the passage and enforcement of a thorough, modern, model registration law for the State of Kentucky."

Discussing Dr. Wilbur's address, Dr. Oscar Dowling of New Orleans, State health officer for Louisiana, said that the promotion of the work depended upon three essentials, adequate laws, sufficient funds for the establishment and operation of an effective system of collation and compilation of facts, and a responsive public. He urged the transmission to the Legislature of each Southern State where legislation was needed a petition calling for the enactment of a model registration law and the appropriation of adequate funds to establish the system. Others who discussed the subject were Dr. R. P. Babcock, of Austin, Texas; Dr. H. H. Shoulders, of Nashville, Tenn. and Dr. W. A. Plecker, of Richmond, Va.

Hook Worm Discussed. The subject of hook worm was discussed exhaustively in a paper by Dr. A. Ferrell of Washington, D. C., on "Rural Sanitation," Dr. C. L. Pridgen, of Raleigh, N. C., told of the accrued results of 150,000 treatments of the disease. Methods employed in its eradication were explained by Dr. W. S. Leathers of University, Miss. Other speakers were Dr. J. La Bruce Ward of Columbia, S. C., and Dr. J. D. Baucum, of Natchitoches, La.

Dr. Lee A. Stone, of Memphis, dealt at some length with the subject of "Eugenics," while the symposium on the question of milk inspection was called by W. A. Evans, president of the American Milk Commission, Chicago, here today as a preliminary to the annual convention of the Southern Medical Association. The conference this afternoon and tonight considered various important subjects including the "relation of the negro to public health," the night subject, and hook worm, milk inspection and eugenics.

PHOTOGRAPHS SOUGHT

FOR EXHIBIT OF CITY

Commissioner Brassell Requests Home Business Concerns to Send Pictures

Sanitary restaurants, bakeries, grocery stores, dairies, laundries and other places that serve the public or handle and serve food stuffs, are invited by City Commissioner W. R. Brassell to send him photographs of their places of business or plants so that they can be placed in the Health and Sanitary Department's exhibit at the Alabama State Exposition which opens Monday. A number of concerns have already contributed photographs for the exhibit but more are wanted.

The City Health and Sanitary Department is to have one of the most interesting exhibits at the fair. A complete laboratory will be maintained in charge of the city bacteriologist. The public will also be given an opportunity to witness tests of milk by the City Dairy and Milk Inspector and the City Meat Inspector will give exhibition tests.

A model dairy, constructed in miniature form by Jake Hinderer, a member of the department, will be exhibited. The model was constructed on plans furnished by the Federal government modern sanitary equipments of all

ands will be shown at the city's exhibit and literature on sanitary and health matters will be distributed by the department, which promises to be one of the most interesting and unique of the exposition.

UNIVERSITY BAND STRIKES.

MINNEAPOLIS, Sept. 26.—There will be no music at the University of Minnesota football game this year—east, not by the University band, the members stand by their threatened yesterday. The band has mutilated. The trouble arose over a conference rule limiting the number of members to accompany the football team on any of its trips, to thirty. The band members declare that the entire organization of about sixty must go or there will be no music either at home or abroad.

ATHENS COLLEGE OPENS.

Special to The Advertiser. ATHENS, ALA., Sept. 26.—The Athens College has opened under the most flattering prospects in its history, the largest attendance and the most promising year. Miss Moore is being congratulated on every hand upon the magnificent attendance. Every available room is filled.

FAIR OPENS NEXT MONTH.

Special to The Advertiser. ATHENS, ALA., Sept. 26.—The sixth annual Limestone County Fair will open on the 7th of October and Secretary Hine says the outlook was never so promising as at this time. There are now many horses at the track and others coming. The people are taking much interest in the event, and the four days will be lively days for Athens.

RECORD PRICE FOR COLT.

Special to The Advertiser. ATHENS, ALA., Sept. 26.—W. T. Holland, a farmer living near Athens, sold to Mr. M. A. Phillips, a stockman and planter living at Shoalford, this county, a yearling filly this week for \$1,000. This is the highest price ever paid for a Limestone bred colt. Phillips refused \$400 for a three-months-old colt. The fair in this county is direct cause of the increased value in stock.

DR. STILES WRITES TO US.

We are pleased to print on this page today a long letter from Dr. Charles Wardell Stiles, member of Captain Hobson's party of government experts who toured the Sixth District, and even the First District, which is full of sovereign people, the same as the Sixth, and which will probably be found voting heavily in the Senatorial election.

If Dr. Stiles thinks we are going to try to beat him quoting statistics on hookworms, babies and New York, his native State, he's mistaken. Let the populace rest assured that no such endurance contest will be undertaken. The doctor might easily outwind us, since the hands are that he started to taking thymol before we did—he discovered the disease that



## COLORED NURSE MAIDS AND THEIR HEALTH.

Just now there is a wave of consideration and discussion all over the country about disease germs of all sorts, and all sorts of nostrums are proposed to combat them, some wise and more otherwise. A person cannot get a drink of water on a train now unless he carries a private cup or buys one of the newsboy. In the Pullman cars, when a passenger desires a drink of water he asks the porter about it and he darts out somewhere and returns with a paper arrangement which serves as a sort of cup when globed from the flat; but it is a poor substitute for a glass, and may not be used more than once. A passenger will go thirsty a long time before he will trouble the porter to get him something to drink out of. It may be a good way to curb the busy germs that blew out the glass of old, out of which all passengers drank and grew fat, along with other preventives, of which there are many to be found everywhere, but the death rate does not show it.

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The question of the moral and the physical condition of colored domestics was up for discussion, in a symposium, in the convention of the Southern Medical Association, at Lexington, Ky., November 18, when Dr. P. D. Robinson, a colored physician of Philadelphia, happened to be present, as a spectator, presumably, and not liking the way the question was being handled to the disparagement of his race, asked to be heard in their defense. The request was granted. He had not proceeded far in his defense, however, before he was howled down and the privilege to speak withdrawn and his remarks, by vote, were ordered expunged from the record. This action was highly discreditable to the membership of the Southern Medical Association. If they cannot tolerate both sides of a discussion of the moral and physical condition of colored people how will they get at the truth of the matter? Is it reasonable to suppose that white physicians know more about it than we colored ones? The white ones seem to think so, and the fallacy runs through the question of the race problem in all of its phases, not only in the South, but in all sections of the country. It will not always be so.

One Southern white newspaper, the Norfolk News, had the courage to declare that what colored nurses needed more than health certificates were better living conditions in their districts, such as the whites enjoy and are always demanding, but which colored citizens demand in vain. Colored people have plenty of police to look after their immoralities in their districts, but little health inspectors, and street, alley and house improvements are not insisted upon as they should be by the public works and health departments. Colored people everywhere should insist more than they do that this should be done.



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# CHILD WELFARE EXHIBITS TO FIT EVERY NEED AND STATE

LOCAL child welfare exhibits are becoming so numerous that the movement has attained national scope. The results of experience thus far have been made the subject of study by the National Child Welfare Exhibition Committee, and this organization is now prepared to offer valuable help to organizations and local communities in securing material for exhibits and in planning, arranging, and constructing the display. The committee recently issued an outline of the various ways it is prepared to give help. This can be secured by addressing the committee at 200 Fifth Avenue, New York City.

The committee will furnish the services of its director of exhibits, Anna Louise Strong, in visiting cities where it is thought sufficient material exists for a local exhibit. Miss Strong may spend from one week to two months planning with a local committee, gathering and organizing material, arranging for press work, and training a local director.

In Washington, a plan which will probably be carried through next spring involves a city exhibit in Seattle under the Central Council of Social Agencies. Much of the material will be arranged as traveling exhibits and sent around the state under the auspices of the State Conference of Charities. The last exhibit will be at Olympia at the time of the session of the state Legislature. The main purpose of this exhibit is to secure state legislation, as well as to establish in towns and cities of the state, some loosely-knit democratic council of all the social forces.

FOR a state where there is a great lack of workers, and where the immediate need is to arouse local interest in such essentials as infant care, hygiene, recreation, education, a different plan has been devised, consisting of three exhibits occurring a week apart, each worked up carefully from local material, and each having its own director. The first of these, held in the chief city, would supply some material for the others, which would be held in smaller towns. The result of the triple attack, through the press, would stir every part of the state.

When conditions do not seem to warrant a local exhibit, the committee will send out a traveling exhibit. This, now

displayed in the Children's Bureau, National Conservation Exhibit, is in seventeen sections each of which covers at least fifteen feet of wall space. The exhibit includes material on sex education and hygiene; the school building; vocational education; home making and assimilation; the dependent child; the child's food; public recreation and social centers. This material will be lent entire or in sections.

One city has devised the plan of holding four exhibits, a month apart during the winter, and inviting social workers, teachers, members of women's clubs and others who might later take part in a larger local Child Welfare Exhibit.

"Study exhibits" of this kind could be used by women's clubs and similar organizations, as well as by cities that wish to train their workers in the knowledge of the subjects and construction of a child welfare exhibit.

Photographs of exhibits and bulletins on technical questions involved in preparing an exhibit the committee announces are also available. The committee has evidently spared no pains to make definite and concrete, as well as wide in scope and fully convincing, these plans for an educational campaign on child welfare.

## TUBERCULOSIS SUNDAY.

Sunday, December 7, has been set aside as "Tuberculosis Sunday" by the American Anti-Tuberculosis association. On that day the propaganda against the great white plague will be preached from every pulpit in the land. Newspapers will contain compact articles on treatment and prevention. From every angle, the fight on the greatest decimating influence in civilization will be waged with precision and emphasis.

In the past twenty years the attitude toward tuberculosis has undergone a radical change. Folk were formerly either criminally indifferent to the disease or needlessly panic-stricken by the specters it conjured. These qualities have been replaced by a calm assurance that the disease is curable when taken in time, and by the even more potent realization that if proper measures are instituted the world-wide infection can be wholly stamped out in a specified length of time. The old method of practically imprisoning consumptives and smothering them with blankets and in illy-ventilated rooms has been abandoned. Always and eternally, the treatment is that of "God's great out of doors." And along with that awakening has come the realization that if scrupulous precaution is observed, the tubercular patient is not a menace to those with whom he mingles. That one fact has wrought wonders in lift-

ing from the afflicted the morbid thought that they are pariahs, cast out and separated from the ordinary enjoyments and amenities of society.

As a result of the intelligent and persistent campaigns that have been waged the death rate from the disease has been lowered materially. Foremost in this effect has been the work, not only of private sanatoria, but public sanatoria, state and city and nation realizing that it is economy in the long run to spend money in the treatment of this universal malady and in educating its victims in the protection of themselves and the public.

"Tuberculosis Sunday" this year ought to mark high tide in the propaganda looking toward curtailment and prevention. In the south, it ought to mark an awakening of the white people to the menace of the tubercular negro, never forgetting that there is no color or geographical line in disease, and that the infected house-servant or farmhand is a walking threat to all with whom he comes in contact, unless he is

## HEALTH CAMPAIGNERS GO TO HENRY COUNTY

Dr. W. H. Sanders and Dr. P. B. Moss Go To Abbeville For Campaign.

Dr. W. H. Sanders, State Health Officer, and Dr. P. B. Moss, Director of the State Pasteur Institute, left Monday for Abbeville, where a health campaign in Henry County will be inaugurated. The campaign will open at Abbeville and will be continued at different places in the county, ending at Haleburg Saturday.

Next week the physicians will conduct a public health campaign in Houston County.

## CITY HEALTH DEPARTMENT REPORTS FIFTEEN DEATHS

Fifteen deaths were reported to the City Health Department the past week, including six white persons and nine negroes. The following is the full report of deaths for the week ending July 5:

Whites—Smith Griggs, age 19 years; Edney Hollan, age 40 years; William O. Price, age 30 years; T. F. Harrison, age 47 years; C. W. Ferrell, age 52 years.

Negroes—Alex Hinkle, age 48 years; Douglass Williams, age 24 years; Theresa Dixon, age 6 days; Cora Flowers, age 40 years; Katie Hannon, age 78 years; Isaac Apel, age 80 years; Richard Lindsay, age 3 years; Mary Jane Pitts, age 41 years; Sarah A. Jones, age 79 years.

## ADDRESSES NEGROES ON HEALTH AND SANITATION

Drs. Sanders and Perry Speak at Dexter Avenue Baptist Church to Negroes.

Dr. W. H. Sanders, State health officer, and Dr. H. G. Perry, State vital statistician, last night gave two interesting and beneficial addresses on

health and sanitation, when they spoke to the negroes of Montgomery at the colored Dexter Avenue Baptist church. The officials spoke on disease and how to prevent it and their lectures were illustrated by lantern slides showing the many ways of contagion in the present day.

The campaign among the colored people will be continued in the city and lectures on health will be heard at other churches during the winter. A number of health experts will

## 'CLEAN-UP' DAY IN VIRGINIA

Special to THE NEW YORK AGE.

HAMPTON, Va., March 18.—The Negro organization, Society of Virginia, has issued a State-wide call for "Clean-up Day" on April 14. Negroes are asked to give a thorough cleaning inside and outside, to their dwellings, barns, and outhouses, clear their yards, whitewash or paint their houses and fences, guard against impure water supply; and do everything they can to make their houses and bodies thoroughly clean and proof against disease.

The State Board of Health has agreed to publish and distribute free of charge a special bulletin—"Health Handbook for Colored People"—which will be mailed to leading colored teachers and ministers with a personal request that the printed instructions be carried into effect. White people having servants about them are asked to co-operate in this health campaign for Negroes.

"Clean-up Day" is the beginning of an organized movement for fighting filth, disease, and death among Virginia Negroes. Preachers and teachers will bring together the people of their several communities not later than the first week of April to create interest in this practical health campaign and arrange plans so that on April 14 everything will be in readiness for "Clean-up Day." At the preliminary meetings the State handbook will be discussed.

Dr. Allen G. Freeman, State Board of Health, Richmond, Va., will furnish copies of the colored health bulletin. Those who organize to observe "Clean-up Day" on April 14 will report on results to John H. Gandy, Petersburg, Va., who is the executive secretary of the Negro Organization Society. The State-wide call is signed by James T. Phillips, of Petersburg Normal School; J. M. Gandy, and Robert R. Moton, Commandant of Hampton Institute.

## A PARTING WORD ON DR. STILES.

The Advertiser would not bore its readers with comments and letters concerning the remarks of Dr. C. W. Stiles, now of North Carolina, but formerly of New York and Connecticut, but The Advertiser's original comment and Dr. Stiles' speech, as reported in the and other papers, seem to have created no little interest. We would not continue the discussion too long, but a letter from our Jasper correspondent, Mr. M. J. McLean, and one or two newspaper clippings now



before us, call for comment, if for no other reason than to show that The Advertiser, and through it, the public, have not been misled in judging Dr. Stiles. He said at Jasper that he was quoted as saying in The Advertiser, the accuracy of whose report was twice challenged by men who did not hear the Jasper address. Mr. McLean prefers that his name shall not be attached to his letter, but in view of all the circumstances, we shall ask that gentleman to pardon us for taking liberties and using his name anyway.

It can be seen from Mr. McLean's letter that the writer was friendly to

Dr. Stiles and had no desire to do that gentleman an injustice. A glance at his letter and his report of the Stiles speech, which appeared some days ago, will show conclusively that Mr. McLean quoted the speaker correctly. The Jasper Eagle is very friendly to Captain Hobson and is not friendly to The Advertiser. Its allusion to the Stiles speech is clearly an attempt to defend the speaker and show that The Advertiser did the doctor an injustice—and yet its representation of Dr. Stiles's remarks is substantially the same as that of The Advertiser. The Eagle says:

Dr. Stiles is a Southern man and the comparison he made was between the women of his native State of North Carolina, (mentioned as a typical Southern State), and those of Ohio, mentioned as a typical Northern State). He stated that the better health conditions of the women of Ohio were due to the fact that sanitary conditions in that State were 50 per cent better than in his own State of North Carolina, and that with proper sanitary methods the health of the Southern women could be made equal to that of Ohio women.

The editor of The Jasper Eagle did not hear the address, according to Mr. McLean, but as the speech was told The Eagle man, he gathered the same impression as did Mr. McLean, who heard it, according to the latter gentleman. Even The Eagle's report, printed to defend Dr. Stiles, practically substantiates everything.

The Mobile Register is friendly to Captain Hobson, approves the tour of the experts in the heat of a political campaign, and is not supposed to take the same side of any public question as The Advertiser does. So The Register's report of Dr. Stiles's Mobile address will be of interest. In

reporting his address. The Register says: "Southern country schools and churches were excoriated as the worst possible breeding places of soil pollution and preventable diseases," and this from the speaker:

Alabama has the highest death rate from typhoid fever of any State in the Union. The twelfth census shows that the per centage in this State is 93.6. The lowest per centage of any State is 17 per cent.

The doctor quotes some alarming figures showing the deadliness of typhoid fever. Apparently people don't die from much else—especially in Alabama.

And this, too, notwithstanding our State has been advertising itself to the country as having the lowest death rate, among its white people, of any State in the Union, this rate being 12.89 per thousand! And until more satisfactory figures are quoted to us, The Advertiser will continue to present Alabama with this low mortality rate among her white people. If the women of the South were "weak in mind and body," the men would also be weak, and the death rate among us would go very high.

But we suppose Dr. Stiles takes his figures from reports of conditions that prevail among the total population of the South, which includes the negroes, who since the war have become an unhealthy race.

Since the negro, prior to his freedom, was developed into one of the strongest and healthiest races of men the world had ever known, it does not appear, contrary to the Stiles version, that the negro introduced all these dreaded diseases in the stricken South! The negro acquired the diseases which menace him, after his freedom, when his personal sanitation was no longer enforced, when his reckless manner of living caused maladies to attack his being.

If the presence of an unhealthy race has weakened the minds and bodies of the women of the South—Dr. Stiles always names women in presenting his statistics—why is that the men, too, have not been attacked from the same source? The men have been exposed to the darker race quite as continuously as have our women.

We invite a comparison of the mortality rate among the white people of Southern States, and of the rate among the white people of Northern

States. We believe that the Southern white people will get the best of it, but we are willing to abide by the figures of some unbiased authority. Who will furnish them?

Meantime, The Advertiser repeats that Dr. Stiles's Jasper lecture was not misrepresented, and we stand by all that we have said on that subject.

## TWENTY-THREE DEATHS ARE REPORTED FOR WEEK

Nine White Persons Die, Fourteen Negroes.

Twenty-three deaths were reported to the health department during the past week, in the city, nine white persons and fourteen negroes.

The following were the deaths during the week:

Whites: William H. Hill, aged 53 years; Philip Jefferson Jones, age 15 years; Mrs. Mary P. Cunningham, age 33 years; Miss Mary Marshall, age 27 years; Mrs. Mary E. Joseph, age 34 years; Mrs. Mary E. Goody, age 74 years; Annie Turner, age 5 years; Mrs. F. M. Roberts, age 52 years; George W. Taylor, age 71 years.

Negroes: Infant of M. McDuffie, age 1 day; Henry Young, age 1 year; Pauline King, age 2 years; Farris Sanford, age 11 months; Harry Hannon, age 56 years; Annie Rodgers, age 5 years; Mary F. Allen, age 9 days; infant of Annie Lee, age 1 day; Goodwin McQueen, age 65 years; Maggie Laloney, age 70 years; Valesa Williams, age 20 years; Neel Crawford, age 8 years; Celia Hayden, age 102 years; Lela Hill, age 20 years.

## TWENTY-TWO DEATHS REPORTED FOR WEEK

There were twenty-two deaths in Montgomery during the week ending June 7, according to the records of the Sanitary and Health Department of the city. Of these ten were white persons and twelve negroes. The list follows:

Whites—Adolphus Dieterich, age 60 years; W. E. Haygood, 71 years; Harold Loeb, 29 years; Arla Lee Gregg, 2 years; Joseph Bibb Wood, 42 years; Mary Agnes Bateman, 4 years; Bernard Steiner, 19 years; Minnie Lee Schofield, 50 years; Ella Burkett, 22 years; W. T. Judkins, 61 years.

Negroes—Horace Coleman, 31 years; Minnie B. Selma, 27 years; Columbus Lowe, 43 years; Lula Price, 22 years; Amanda E. Sasley, 18 months; Caroline Mattox, 57 years; Lullitia Carson, 14 years; Jordan D. Porterfield, 67 years; Mary Jane Rollins, 51 years; John G. Williams, 20 years; Theodore Franklin, 1 year; Mary Turner, 100 years.

Without the blowing of horns or the sounding of trumpets, there is being conducted in our city a work through the agency of which much good both of a missionary and philanthropic nature has been accomplished. We refer to the work of the Anti-Tuberculosis

League. This League, organized a few years ago as an adjunct of the Men's Sunday Club, has been doing regular and effective work among the sick of our city. The alleviation of the sufferings of those afflicted with the dread disease, tuberculosis, has been the main work of the League. Without pomp or ostentation, its members have gone about their chosen work carrying the gospel of fresh air and sunshine, cleanliness and wholesome food to many among us whose living condition is in the most acute stage. These earnest workers have harkened to the appeals of the sick and in a most humble but earnest way, without show or ceremony, or hope of reward, have ministered unto the sick among us, giving to them at least a cup of cold water to act as a soothing balm to their lips parched with fever. The officers and members of the League are to be congratulated on the work that they have and are doing. The work should receive the widest encouragement and support from us. It is sincerely hoped that by a more widespread manifestation of interest in the work on the part of our people that the effort of the league in its mission among the sick will be signalized with greater success in the future than ever before.

## PLEA FOR NEGRO DOCTOR ON BOARDS OF HEALTH

Alabama Negro Medical Association at Birmingham

Tells Reasons Why.

Special to The Advertiser. BIRMINGHAM, ALA., May 10.—The eleventh annual session of the Alabama Negro Medical Association meeting here was characterized by an unusually big meeting last night in interest of better health conditions among the negroes, which was attended by more than 2,000 negroes of Birmingham. Dr. J. A. Kenney, president of the National Negro Medical Association, and surgeon in charge of the John A. Andrew Memorial Hospital at Tuskegee Institute made the principal address and told many plain truths, with reference to the health of negroes, described the reckless living of many young negroes and

the total disregard of many common sense rules of health.

That the white people in authority had a duty to perform in this regard was an equally positive declaration of the Tuskegee physician, who declared that at no point was the negro sufficiently removed from the white man as not to cause him serious concern when the physical welfare of the community was taken into consideration.

"The day will come," said Dr. Kenney, "when the officials of our Southern cities will recognize the necessity of appointing negro physicians on their health boards. There is no longer the question of efficiency among the colored physicians. They take the same examinations and pass the same boards as the white physicians. There is no need of objecting on the social equality score because the work of the negro physician will be directed among his people."

"The interest of the white people as well as the black people demand that such steps be taken, for it needs no special knowledge to recognize the fact that unsanitary conditions and infectious diseases existing among the negroes of a city or community jeopardize the health and well being of the whites also. Tuberculosis, typhoid fever and venereal diseases, hookworm and pellagra know no color line. The negro touches the white man's life at nearly every vital point of his existence. The separation in railway cars, street cars, stations, parks, theatres is a mere superficiality as compared with the fundamental things of life in which there is no separation. With my choice of seats, I had far rather ride in the car with that tuberculosis negro woman than to have my laundry done by her in her cabin. Do all our white friends pay sufficient attention to the girl who is to nurse their children? Do they stop to think of the possibility which may follow if that girl is not healthy and clean?"

The association will be in session three days and is presided over by Dr. L. U. Goin, president. A large number of technical subjects have been discussed by the large number of physicians and dentists and pharmacists attending the meeting.



# PUBLIC HEALTH OFFICERS MEET

**Vital Statistics, Hookworm, Milk Inspection and Eugenics Discussed at Monday Afternoon's Session.**

## PRELIMINARY TO THE CONVENTION TUESDAY

As a preliminary to the opening Tuesday of the Southern Medical Association was a conference Monday of public health officers at which vital statistics, hookworm, milk inspection and eugenics were discussed.

The first session at the Phoenix Hotel auditorium was called to order at 2 o'clock Monday, with the chairman, Dr. J. Y. Porter, of Jacksonville, Fla., presiding, assisted by the vice chairman, Dr. C. E. Terry, also of Jacksonville.

Dr. A. T. McCormack, secretary of the Kentucky State Medical Association, of Bowling Green, extended to the doctors assembled from all over the United States a most cordial and hospitable welcome, to which response was made by the chairman.

Dr. Porter thanked the local members of the association for their active interest in the meeting and was strong in his praise of the excellent milk furnished by the local dairymen and the activity of the Board of Health in keeping it up to the standard.

After these addresses had been delivered the health officers proceeded with their program, the subject of the hour being "A Symposium of Vital Statistics." The first speaker was Dr. Cressy L. Wilbur, chief statistician of the Census Bureau, of Washington, D. C. In his address on the "South's Greatest Public Health Need" he urged the citizens of the South to stop at nothing short of success in their effort to establish a perfect system by which all deaths and births should be accurately recorded.

"Vital statistics," he said, "have well been called the 'bookkeeping of humanity.' The records of births and death, interpreted in the light of progressive sanitary science, are not dry figures, dead and dusty mementoes of the past, but are living facts pregnant with a message of helpfulness and life saving for the men, women and children of the present and future."

Milk Symposium.

The symposium on Uncinariasis was postponed on account of the absence of some of the physicians who were to have taken part in the discussion, and the association proceeded to the discussion of milk. Dr. W. A. Evans read a part of the report of the National Milk Commission which he said had been endorsed by health boards, medical associations and Dairymen's associations, and asked the association to take it under consideration and to add its endorsement.

Dr. J. H. Landos, Health Officer of Cincinnati, spoke on the crusade for pure milk in that city, and advocated swift and unhesitating prosecution of every dealer whose product endangered the chance of life for a child.

"They teach us where untimely deaths occur and where, by the application of hygienic knowledge now in our possession, the occurrence of many such deaths may be prevented. They lead not only to the reduction of mortality, but also, through the avoidance of the crippling and impairment of vitality due to preventable sickness, to a sounder, healthier and happier race."

Following Dr. Wilbur's address Dr. Oscar Dowling of New Orleans read a paper on "Vital Statistics," in which he corroborated the preceding speaker and threw sidelights on a number of other questions concerning the same subject. One factor in particular he emphasized—the improvement of health agencies, the increasing interest by the public in public health and referred to the marvelous success of several States, notably Kentucky and North Carolina, in putting systems in operation, during the last three years has far exceeded that during any time previous.

"The Sanitary Milk Surveys in Kentucky—Some Facts, Methods and Results," was the title of the address delivered by Prof. R. M. Allen, of Lexington. The address was of local as well as State importance and was heartily endorsed by the assembly. Mr. Allen spoke in part as follows:

"Kentucky was the first State in the Union to abolish swill dairies. The pure milk work in the State saves consumers annually nearly a million dollars' worth of water. We have only about sixty-two dairymen now in Kentucky who water their milk and they are all listed and closely watched.

"All of the dairies in Kentucky are listed on the score card and the work includes bacteriological examination among the dairies to teach them what it means and to show them how to protect their milk. Pasteurization is necessary for most of the milk going into the large cities. The ideal plan is to fill the baby's bottle direct from the bucket milked from a healthy cow in a clean stable. The cooled bottle can then be shipped anywhere."

He claimed for Lexington the demonstrated purest milk supply of any

city of its size in the country as a result of close co-operation between city and State officials and the dairymen, under a model ordinance.

Following the delivery of Mr. Allen's address his paper was discussed by Dr. Powhata S. Schank, of Norfolk; Dr. William Litterer, of Nashville, and Dr. L. C. McBrayer, of Asheville, after which Dr. Lee A. Stone, of Memphis, Tenn., delivered the last address of the afternoon on "Eugenics."

**Two Striking Definitions.**  
Dr. Stone's paper contained two striking definitions. He defined Eugenics as "that science which teaches all people how to best improve the races that are to come, and develop a higher state of mental and physical perfection among all peoples by teaching perfect breeding."

"Marriage—the blending of two souls together to make more perfect the future soul of one who is to be born, is the object that nature had in mind when she gave the world beings of opposite sex.

"When that time comes in our civilization, when men and women before they marry will carefully investigate all that may be known of the lives of each, with the view of reaching a perfect union, there will be born as the result of that union the perfect man. Then will the dreams of Eugenicists come true, and a finer and truer philosophy of life be born."

Dr. C. E. Terry, of Jacksonville, Fla., read the only paper out of five programmed for the evening. His subject was "The Negro a Public Health Problem." Dr. Terry indulged in statistics and said that more could be judged about real conditions if more complete statistics could be obtained. Only a few Southern States keep complete and reliable vital statistics with reference to the Negro, and hence much of scientific value is lost.

In the course of the discussion one of the physicians present said that the Negro was a "pretty good imitator," and was said to usually contract about the same diseases that white people

contract. Dr. P. D. Robinson, colored physician, who was present, asked the privilege of the floor to say that it was true the Negro was an imitator and sometimes imitated the bad of the white man as well as the good, but his experience had been that the Negro with good environments, who had worked for good white people, white people who kept clean homes and were otherwise careful in observing theories of sanitation, usually made a decidedly improved citizen.

Discussion arose at this point over Dr. Robinson's being given the privilege of the floor and after some debate and by motion the remarks were voted expunged from the record.

The meeting closed with the general summing up that the white people owe it to themselves to give closer

attention to the problem of the Negro with relation to the public health and that more education, better living conditions along with encouragement for the race.

If landlords can be induced to build better houses, if municipalities will insist on better sanitary conditions, if the Negro is given more information, better educated especially with reference to social hygiene, there will necessarily be an improvement in the race and this to the benefit of his fellow being, the white man.

This was in substance of the talks during the night session of the Southern Medical Association in the symposium on "The Negro in Relation to the Public Health."

If the Negro is shown the advantage of better conditions, taught what he should do and then the white citizens in communities help him by giving him proper environment and assistance, he will improve both in health of himself and contribute toward the better health of the community.

## THE NEGRO AND SANITATION

**J. A. Kenney's Address Before Colored Teachers' Association At Montgomery.**

(Special Correspondence to The Item.)  
**TUSKEGEE, Ala., March 28.**—The Alabama State Teachers' Association colored, recently held in Montgomery applauded two remarkable addresses delivered by Negro physicians on the health conditions of the race.

One address was delivered by Dr. Henry Roger Williams of Mobile, or "The Gospel of Health." The other was made by Dr. John A. Kenney, resident physician, Tuskegee Institute, and president of the National Negro Medical Association.

Dr. Williams, in a lengthy address, declared that after fifty years of freedom so large a number of moral and physical degenerates among the race it is questionable whether the negro stands higher in the estimation of the world than he stood fifty years ago. He spoke with emphasis of the crusade made among negroes of Mobile by Mayor Schwarz and Dr. Mohr against the prevalence of disease among the colored people of the Gulf City, and made a strong plea for similar work in other cities of the South.

Dr. Kenney spoke as follows:

**The Teacher as a Sanitarian.**  
The Christian ministry and the professions of medicine and teaching, form the great triumvirate to which we must look for the redemption and regeneration of the negro race from the evils of ignorance, vice, super-

stitution, poor health and a high death rate. The task is stupendous, but by working in unison these can accomplish it, and the time is here even now, that we should begin in real earnest. We have a great opportunity as well as a tremendous responsibility; a limitless virgin soil hardly yet begun to be possessed.

It has been said that it lies well within the power of man to wipe off the earth all preventable diseases. It is estimated that the following number of deaths from preventable causes occur in the United States every year:

| The Annual Death Roll.    |         |
|---------------------------|---------|
| Tuberculosis .....        | 150,000 |
| Infantile diarrhoea ..... | 80,000  |
| Liquor .....              | 66,000  |
| Typhoid fever .....       | 35,000  |
| Diphtheria .....          | 30,000  |
| Malaria .....             | 15,000  |
| Whooping cough .....      | 12,000  |
| Measles .....             | 11,000  |
| Scarlet fever .....       | 11,000  |

Think of it! All of this misery, suffering and inestimable loss that can be prevented. Prevention is now the watchword among the leadership of the medical profession. This profession, the ministry, the teachers, the press and the public to join it in its crusade for the prevention of disease.

**Worse Than the Titanic Disaster.**

Think of it! One hundred and fifty thousand persons die of tuberculosis every year, and this disease can be prevented! Some months ago the wireless telegraphy stations situated along the North Atlantic coast and on the big ships ploughing the ocean, began to pick up the distress call from that trans-Atlantic monarch, the Titanic. A few hours later the telegraphic wires and the cables of the civilized world announced the terrible disaster. Nations stopped and held their breath. It can not be true—that invincible leviathan with about 2,000 lives gone down, down three miles in midocean, and yet it was true. Immediately the news was confirmed, and when humanity recovered from the first stunning blow, an investigation was demanded. Somebody must bear the blame. Even congress stopped its ordinary grind to air the situation. And yet 150,000 persons die of tuberculosis in this country alone every year, and only one person in a thousand ever gives the matter a passing thought. One hundred and fifty thousand, as against 2,000 and all these 150,000 deaths just as preventable as the 2,000.

**Negroes Furnish Highest Death Rate.**

Now to bring the matter closer to our own doors. Nearly all statistics from all sources show that our people—your people and mine—furnish the highest percentage of these deaths. I receive the monthly health reports from a number of different states and they all show that the death rate from tuberculosis in the negro is about two or three times as great as among the whites.

**Appalling in Montgomery.**

Some months ago I was interested in a report from this city, which showed that within a certain week there were twenty deaths in the city of Montgomery. I am further advised that the population of this city is about equally divided between the two races. That being true, all things being equal, the death roll should be equally divided, but not so in this in-



stance. Of these deaths, sixteen were sufficiently rigid, and that this additional subject would produce a hard-ship on some. This may be partially true, but in all matters pertaining to the public welfare, the highest good to the greatest number must be the working principle, and I do not believe there is a teacher present, but who recognizes that there is value in such a procedure as outlined. I do not latter myself that I am paying the teaching profession any especial compliment when I say that I believe a great majority of our teachers in Alabama already possess sufficient knowledge to enable them to meet the indicated requirements, and that many are fully competent to teach the subject, those who do not at present possess such knowledge could master the subject in a few weeks' vacation study and be really competent to teach it, if in addition they attended a summer school course of lectures.

We should see the physician even teacher should in the strictest sense of amine us thoroughly and tell us where we stand. Thousands of preventable maladies may be prevented in this way, because the majority of these preventable diseases are insidious, such as tuberculosis, heart disease, Bright's disease, arterio sclerosis—none of these come on in a night—they come gradually, and if carefully watched, by ourselves, with the help of our physician we can go a long way toward preventing these diseases getting a fatal grasp upon us. In the majority of instances life can be prolonged with comfort, usefulness and happiness, and in many instances they can be cured completely when taken in time.

#### The Teacher a Sanitarian.

There is much that we can do. The teacher should in the strictest sense of the word be a sanitarian. She should second the physician in guarding the health of the community. She should go into the homes and become a part of the life of the people, and instruct them in the correct ways of living.

#### Sanitation Should Be Taught in Schools.

I believe that not only a smattering of physiology, but that the rudiment of hygiene and sanitation as applied to every-day life should be a requisite knowledge of every teacher. I further advocate that a primer or booklet containing this knowledge in simple rudimentary form should be adopted as a text book in all the public schools, and that every teacher be required to teach them as a part of the regular curriculum. The subjects taught should deal with air, ventilation, water, bathing, cleanliness, dust, flies, milk and other foods likely to be contaminated by malaria, tuberculosis and the hook-worm disease; the causes and how to prevent them. Simple home remedies should be taught; the evil of patent medicines; first aid to the injured; school room sanitation; why the pupils should not use the common drinking cup; bite each other's apple; exchange the lump of candy; moisten their fingers with their tongue in the turning of the leaves of a book; suck their pencils or lick their slates, etc., also why they should not spit on floors or pollute the soil around the building. These topics are only suggestive—just a few to indicate in a concrete manner what I mean.

#### The Teachers Should be Examined in Sanitation.

Now, there may be some teachers present who feel that the requirements for a certificate to teach are already

are thousands of nurses, who come from nobody knows what sort of sanitary conditions to assume charge of the children of the city. The linen, the clothes of the best families are taken to hovels to be laundried. It has more than once been pointed out by sanitary officials of Montgomery, that the laundry of two or three white families have been found drying in negro cottages, in which there were tubercular patients and in which the conditions reeked with tubercular germs.

The white people, if not from a sense of justice, should, at least, from a sense of self protection aid those who are trying to help the negro to better health and to instruct him as to the great benefits to follow the observance of approved sanitary regulations. During the recent Negro Teachers Convention in Montgomery a valuable address to them was delivered by Dr. J. A. Kenney, of the Tuskegee Institute, who, it might be said has been laboring, and with some success to have the Alabama negro improve his health and sanitary conditions. Dr. Kenney after impressing his hearers with the fact that 150,000 persons die annually in the United States of tuberculosis, largely a preventable disease and that approximately 200,000 persons die annually in this country of other preventable diseases, said to the audience:

#### THE NEGRO AND THE LAWS

OF SANITATION.  
The problems of sanitation are made more complex in Southern cities, more than in Northern cities by the presence of a large population in some cities, the largest, made up of negroes who have received no training in sanitation, who know nothing of the most patent and salutary methods and who are by nature indifferent to the importance of caring for their health. Montgomery, among Southern cities, fortunately has the reputation of having an energetic and helpful policy of sanitation, notwithstanding the fact that practically half of the inhabitants of the city are negroes.

Yet, with the negro who has known nothing but poverty and ignorance, and who has not even learned why he should take the trouble to look after his premises or the health of his family, the sanitary officers have their most trouble. This is not a problem, peculiar to the negro race itself; it is one of concern to the whites of Montgomery. In fact it is as necessary for the welfare of the white race, as it is for the welfare of the negro race, for the members of the black race to be instructed in sanitation and persuaded to live up to the more important sanitary regulations. Though living separate and distinct, the living condition of the two races overlap. There are thousands of negro cooks in Montgomery, who go from the most unsanitary surroundings into the cleanest and best homes in the city;

their state. These conditions are appalling! It means that preventable diseases are taking more than the average toll of life from our midst, and of these tuberculosis, typhoid fever, intestinal and venereal diseases predominate.

This statement was followed by sound advice to his hearers, to watch their health, to study the conditions, which surround them and their families and to consult physicians freely. He advocated, no matter what the cost or trouble might be, the teaching of hygiene in the negro schools of the State, and the adding to the qualifications of teachers in the negro schools, a requirement to sound knowledge of the fundamental facts of hygiene.

The white people are overlooking a serious menace to their health, if they are indifferent to the manner of life of their negro neighbors. The races, though apart, live too close together, for the ignorance and indifference of one not to have an effect upon the general health of the other. An excellent method of stamping out preventable contagious diseases among the white people, is to prevent its start among the negroes. And, unless some effective sanitary work is done among the negroes, the more successful work among the whites, will never be entirely successful.

Now to bring the matter close to our own doors, nearly all statistics from all sources show that our people—your people and mine,—furnish the highest percentage of these deaths. I receive the monthly health reports from a number of different states and they all show that the death rate from tuberculosis in the negro is about two or three times as great as among the whites.

Some months ago I was interested in a report from this city, which showed that within a certain week there were twenty deaths in the city of Montgomery. I am further advised that the population of this city is about equally divided, but not so in this instance. Of those deaths sixteen were negroes—four were whites,—that is four negroes to one white died. Worse still the whites who died were all advanced in years,—60 to 70 years, etc.,—practically the natural ending after having served their three score years and possible ten. With our people according to the records, conditions were different. One died at the age of two years, and the majority were thirty, forty and fifty years of age—at the very time of life when they were most needed by their families, when they would be most serviceable to



## A Sermon on Good Health

'I Wish, Above All Things, That Thou Mayest Be In Health'

Being one of a series of sermons preached by Chaplain John W. Whittaker in the Chapel of Tuskegee Normal and Industrial Institute during the school year 1913-14.

This letter from which the text is taken was written to a choice gentleman. And the good wish expressed by the Apostle for him is that his body may prosper and be in good health as well as his soul. Grace and health are two rich companions. Grace will improve health; health will use grace. It frequently falls out that a rich soul is lodged in a crazy or a broken-down and diseased body; and grace under these circumstances must be exercised in submission to such a dispensation, but we may well wish and pray that those who have prosperous souls may have healthful bodies too. Their grace will shine in a larger sphere of activity.

Health is a fundamental requirement for an active life. Without health one cannot work at all, or with little success or profit. Without health, one cannot study to advantage, he cannot think vigorously. Whatever his powers are, he can make very little use of them without health. One owes it to himself and to society to make a business of keeping his body in good working condition, otherwise he becomes a burden, either on his family or society.

Ex-President Roosevelt, at the conclusion of his White House address on the conservation of our natural resources, said: "Finally, let us remember that the conservation of our natural resources, though the greatest problem of today, is yet but the part of another and greater problem to which this nation is not yet awake, but to which it will awake in time, and with which it must hereafter grapple if it is to live—the problem of national efficiency."

This is the key-note of the crusade that is to wipe out the invalidism that we have endured so long. The campaign is of such personal interest to all of us that not one should hesitate to enlist.

We hear a great deal these days about the increased cost of living.

It is occupying the thought and attention of individuals and of the nation. But those who have most thoroughly investigated this subject tell us that the large factors in the increase of the cost of living, with the serious consequences it entails on the American people, are not the tariff nor the trusts, nor the illegal actions of monopolies, although they have a tremendous influence on the increased cost of prices generally in the United States. The chief cause of the increase in the cost of living is waste. The largest item is that of waste from unnecessary disease and death.

In this our day, there are four great wastes; and they are the more lamentable because they are not necessary. These wastes are preventable deaths, preventable sickness, preventable conditions of low physical and mental efficiency, and preventable ignorance. All of these are playing their part in a cruel destruction which is almost incredible to human minds, and which together operate to bring about an advance in the cost of living by affecting the supply of the necessities of life and restricting supply by taking persons out of productive enterprise, thus making production more expensive. At the same time while restricting production by the number of persons it has taken out of industry, this extends demand by increasing the consumption of goods. There are in this country every year 1,500,000 deaths from preventable diseases, entailing an annual financial loss of three billion dollars, not to mention the suffering and sorrow.

The principal factor in all this misery is tuberculosis. More people have it than we know. One out of every seven who die, dies of tuberculosis. Every year 200,000 die of this disease, with a total loss of life and labor of \$500,000,000. Is it any wonder that times are hard? Senator Aldrich of Rhode Island made a statement some time ago to the effect that waste and inefficiency were causing a loss of \$300,000,000 every year to the United States government. This statement made the nation sit up and take notice. But if Senator Aldrich's figures of loss to the government by inefficiency could be proved to be true, it would still be only a fraction of the actual annual cost in loss of wages in main-

tenance, medical attention, and financial expenses of the persons who die from tuberculosis in the United States. There are in the United States 1,000,000 people sick of tuberculosis of whom one-half are totally incapacitated, while the remainder are one-half incapacitated. While this invalidism exists our national efficiency will be impaired; and since we know that tuberculosis is preventable and in some stages curable, we surely ought to determine to eliminate the disease entirely from among us.

To this end, the National Association for the Study and Prevention of Tuberculosis has been organized; and they have set aside this day, Dec. 7th as National Tuberculosis Sunday; and our governor has issued a proclamation urging the citizens of the state to co-operate in the fight that is being waged against the spread of Tuberculosis. In part he says: "It is evident, that it is only by unity of effort on the part of the people of the State, by disseminating the information which has been obtained by those who have devoted their lives to the study of this subject, by observing and compelling the observance of such rules as have been adopted for the prevention of the spread of the disease and the enactment of suitable legislation that we can hope to lessen its ravages."

"The welfare of the State and the cause of humanity alike emphasize the value of earnest united effort upon the part of all our people."

"Churches, schools, labor unions, fraternal orders, and other organizations are asked to join the anti-tuberculosis workers of this country in the observance of the Fourth National Tuberculosis Day, which has been set aside for December 7, 1913."

"I earnestly urge that every minister of the Gospel in the State of Alabama deliver a thoroughly modern and energetic message concerning this vast community disease on National Tuberculosis Day."

"I sincerely trust that the people of Alabama will realize that it is their duty to perform every act within their power to check this scourge and to drive it from our borders."

This is an important call; for when the government, State and general, begin paying some real attention to the prevention of disease

to the conservation of health, there will have been accomplished the longest possible step in national economy. The health of a nation is one of its greatest assets. And it is cause for profound gratitude that the government has taken up this matter and every citizen should take a hand in wiping out this scourge.

For tuberculosis is no respecter of persons. It has rightly been called the disease of the masses, for it is found among all classes of people. The poor because of their meager income, cannot fortify themselves against it; and when once afflicted, they do not have the facilities to overcome it. It ravages the palace as well as the hovel, and many of the world's geniuses have fallen victims to this dreaded disease. They all die between 15 and 45, at a time when they are most useful to family and state.

It is well known that the death-rate among Negroes is excessively high, and that the disease which exacts the heaviest toll is consumption. And from this fact is drawn the erroneous conclusion that the Negro has a lower vitality or resistance power than the white, since the death-rate among Negroes is almost twice that of the white, and that this lack of resisting power on the Negro's part is due to an inferior physical organism. Laws and public health laws, which shall prevent overcrowding and the breeding and spreading of disease and vice, for our own sake and our children's sake, if not for the Negro's sake. Modern plumbing and sewerage are no longer luxuries for the rich; they are necessities." But we shall get them no faster than we know it impressed upon them that it is enough to appreciate their value and demand them. We must realize that modern sanitary houses with wholesome surroundings, are our present fundamental need and we must not rest satisfied until we have them.

There is no need that any one who from homes in which consumption possesses a fair degree of health and exists, should be carefully watched to strength, should die of tuberculosis if he will take care of himself and the germs of tuberculosis can be carried a correct life. If you would not have this dreaded disease, your surroundings must be clean and wholesome; your body must be kept clean; you must have an abundance of fresh air, night and day; air is a preventive and a cure; you must get into the habit of breathing deep; exhaust through the mouth all the air from the lungs slowly, so as to be sure you get all the air in them out, and then fill them through the nose with fresh air, pack the air into them till every recess of the lungs is filled with the life-giving atmosphere. Do this often daily, as many as a hundred times at once if you can. Do not shut every door, window, and other openings of your sleeping room, and so keep out the air. Do not sleep with your head covered with thick blankets and comforts. Do not sleep with your head covered up at all. Get out into the sunlight all you can. Open the doors, windows, shutters, and throw back the thick curtains and let the sunshine come into the house.

Consumption is not inherited, the doctors tell us, but it is acquired. Those who are sickly and run down and the intemperate and self-indulgent are most likely to have it. A bad cold or cough neglected favors the development of it. If you have a bad cold or cough and it does not get better pretty soon, you had better see a doctor. Do not go to buying patent medicines, for they are fakes and they often do more harm than good. Keep just as strong and healthy as possible. Live a regular life; for immorality and tuberculosis go hand in hand. Keep the bowels regular, and bathe regularly and systematically. Dust and dusty or smoky places are bad. Dark, damp or crowded rooms are bad. Dangers lurk everywhere, so we must constantly be on our guard. Do not ever move into a house or any room or place where a consumptive has moved out until the place has been fumigated and thoroughly renovated. School children should have it impressed upon them that it is enough to appreciate their value and demand them. We must realize that modern sanitary houses with wholesome surroundings, are our present fundamental need and we must not rest satisfied until we have them.



This sort of thing will break down your constitution and pave the way for tuberculosis.

A noted authority is quoted as saying, "The vitality of the Negro male will be considered the most important phase of the so-called race problem for it is a fact which can, and will be demonstrated by indisputable evidence, that of all races for which statistics are obtainable, and which enter at all in the consideration of economic problems as factors, the Negro shows the least power of resistance in the struggle for life."

This economist, on account of his prepossessions, has been led into the fallacy of "false cause." Now what are the facts as to the causes of tuberculosis? This disease is brought on by over-crowded living conditions, poor ventilation, late hours, fast living, overwork, lack of proper nutrition, immorality, alcoholic excesses such as drinking beer, wine, whiskey and so on. And it is an indisputable fact that among Negroes there is more poverty, more illiteracy, and ignorance of the laws of health, modern sanitation, and personal and public hygiene; our living quarters are inferior; our physical environment is less sanitary; a much larger percentage of our mothers are forced to earn a living for the family, hence our children are neglected and poorly nourished. These are the causes of disease among all people, regardless of race, color, or previous condition, the world over, and why may they not account for the excessive disease and death-rate among our people? We are human beings. The things that breed disease among the whites, such as poverty, ignorance, over-crowding, immorality, alcoholism, unsanitary premises, neglect and mal-nutrition of children, will bring on disease with equal facility among Negroes. And we may rest assured that the measures and remedies that prevent and cure diseases among the whites will do the same for us. It is wrong and unreasonable to expect, to any considerable extent, good citizenship, efficiency, desire for improvement, pride, ambition, intelligence, morality, or any other desirable quality from a people who are forced to live in shanties and hovels located in unsanitary and unsightly back alleys and bottoms, where our people for the most part are compelled to live.

Then in order to lower our death-rate and to eradicate tuberculosis from our midst, we must, as a people, get into better living conditions. It is both to the white man's interest and ours to do so. The white man is waking up to the fact that something must be done in this direction in self-defense. Speaking on this subject, Prof. Josiah Morse, of the University of South Carolina, has this to say: "We must have anti-shanty."

Then again, you must have good wholesome, nutritious food, warm underwear, and good shoes. Keep the feet dry. We have been half paid special drugs as the doctor may see or had no pay at all for our work that his special condition demands. So long that as a result we have been half fed, half clothed, half housed, worked in an inch of our lives, and in that condition, we have suffered and died, and we were in ignorance that we did not appreciate our real condition; but thanks be to God, we are waking up to our needs, and we must get busy about getting them.

So many people have tuberculosis without knowing it, that it would pay every one, at least once a year to be examined by a physician; by so doing, the disease may be detected in the beginning, and checked in its incipency. Every one should seek the doctor's advice in such cases, for no specific or drug of any kind has ever yet been discovered to cure tuberculosis.

This disease can be communicated to others. And every precaution possible should be taken to prevent this. Persons infected with it in the advanced stage should not sleep in the same bed with others not infected, nor in the same room near other uninfected members of the family. They should not spit on the floor, or sidewalk, or on the ground anywhere. Such a person should have about him a pocket lined with oil cloth or oil silk. In another pocket he should keep clean paper; and whenever he wishes to cough, sneeze, or expectorate, he should do so in this paper, after which he should fold it carefully and put it into this lined pocket, kept for that purpose, and as soon as he can, before the sputum dries, he should burn it. He should wash his hands before eating and after eating; should always use the same dishes, and boil them in water before washing them with other dishes. In other words, he should be clean and thoughtful of others.

It is said that consumption is curable in 85 cases out of a hundred, if taken in time. If one finds that he is infected with the disease, he should call in a competent physician and place himself under his care. It cannot be cured as some seem to think, by taking medicine, particularly patent medicine. He should not be housed, but kept out in the sunlight and open air all the time. He must have good nourishing food, such as milk, eggs, good fresh beef, and underwear, and good shoes. Keep the feet dry. We have been half paid special drugs as the doctor may see or had no pay at all for our work that his special condition demands. So long that as a result we have been half fed, half clothed, half housed, worked in an inch of our lives, and in that condition, we have suffered and died, and we were in ignorance that we did not appreciate our real condition; but thanks be to God, we are waking up to our needs, and we must get busy about getting them.

There is much to be said on this subject, but in the time allotted me, I cannot do more than suggest lines along which you should think and act in regard to this most awful disease. Make up your mind that you will take care of your body and that you will do all in your power to ward off this disease, and pray God that you may never die of consumption. Inform yourself thoroughly as to how to avoid having it. Make up your mind that you will have a strong body, and thus wipe out this stigma that rests upon us, stamping us as a people of inferior physical organization.

"I wish, above all things, that thou mayest be in health."

## Evil Conditions in Atlanta And Remedy for Each Shown At Exhibit in Leyden House

By Isma Dooly.

To illustrate the truth of every line of the public health survey made by Franz Schneider, Jr., the well-known sanitarian, and published by the Atlanta Welfare exhibit, attracting state-wide attention in the old Leyden house, not a detail of the report fails to have illustration in some part of the exhibit. From the moment one enters the door and sees the star fading over the door with the words underneath, "Every time this star fades a child dies," to the room upstairs, where the scenes in tubercular homes are pictured and the housing conditions in the slums, this idea is carried out. Opposite every panel, which shows

the evil conditions, are panels showing where the remedy lies, the constructiveness of the entire exhibit being one of its chief values.

But it is in the assembling of forces that the Welfare exhibit holds its power, and to make this power permanent Atlanta should strive.

### The Separate Forces.

The Atlanta Day Nurseries are good and the results are untold. The same can be said time and again of the Free Kindergarten. People look on with tears in their eyes at the work which the children of the Home for the Friendless do to make themselves useful. Lives are being saved every day, it is proven, by the features shown in the anti-tuberculosis exhibit.

The exhibit of the Associated Charities comes to prove that organization as the basic principle destined to be the carrying force of all Atlanta's most efficacious welfare work directly re-

lated to the Fulton County Medical Association, complemented by the work already being accomplished through that new organization of women, the Registered Nurses. They represent the standard bearers of their profession, and there is not a department in the Welfare exhibit that their cheery faces have not been seen in serving the cause in some way.

### The Whole Force.

The exhibit proves that all work for human betterment is co-related, and that there must be the directed effort of the co-related whole before the city as a whole can be the beneficiary of what is called the organized effort of social workers.

Groups of people, working in spots, do temporary good in spots, but it is not until all the forces making for betterment understand each other, have their purposes clearly defined and recognize their relation to one another, that the work of any group of people or any institution, can become a part of the whole machine making for civic perfection and human uplift.

The welfare exhibit brings out this fact eloquently, and no feature of the exhibit so far stands out more markedly than the work of the Associated Charities; the work of the Fulton County Medical Association and the Atlanta Association of Registered Nurses. What they can accomplish with the understanding which has come to be through their relation at the child welfare exhibit will prove of incalculable value to Atlanta.

On Friday and Saturday ten of the leading practitioners of their services free, in the department of medical inspection. The rooms adjoining this department were filled with mothers and children, and ten members of the Association of Registered Nurses were in voluntary attendance.

One entire room, which illustrates the care which should be given the baby from the moment of birth on, is in charge of the Atlanta Registered Nurses, and they are on hand from 10 o'clock in the morning until late in the evening. They teach and advise, and in every way are proving the basic principle of their noble profession, which is that of the ministering angel to humanity.



# Health - 1913

## Health Suggestions

Principal Washington last Friday, November 7th, spoke in Richmond, Virginia, at a meeting held under the auspices of the Negro Organization Society of Virginia. Addresses at this meeting were also made by Governor William H. Mann, Dr. S. C. Mitchell, of the Medical College of Virginia, Dr. H. B. Frissell, principal of the Hampton Institute, Major Robert R. Morton, and a number of others.

The Negro Organization Society of Virginia has prepared a number of helpful health suggestions for the colored people of that state. They are equally applicable in Alabama, and The Student is publishing them with the hope that teachers and others everywhere will not only be disposed to follow the suggestions themselves, but also disposed to bring them to the attention of people with whom they come in contact in school room, shop, office or elsewhere. The suggestions follow:

1. Live, as much as possible, in open air.
2. Never sit or sleep in rooms with all windows closed.
3. A breath of fresh air is better than a dose of physic.
4. Keep the body clean by free use of soap and water. If your constitution will stand it, generally use cold water for bathing. Never bathe in warm water and then go immediately out into the cold.
5. Go to bed early, rise early. Do all the work you can.
6. Eat only plain, wholesome food.
7. Use netting or wire screens to keep flies from the house and food. Flies are almost certain to carry the germs of consumption, typhoid fever and other diseases.
8. Do not allow water to become stagnant around the house and yard, either in barrels or pails, or in ditches and ponds. It will breed the mosquitoes that cause chills and fever.

## NINE WHITE PERSONS AND EIGHT NEGROES DIE HERE

Weekly Report Made By Health Department. 7-20-13  
Nine white persons and eight negroes died in Montgomery during the past week, according to the regular weekly mortality report issued yesterday by the City Sanitary and Health Department.

The list of deaths for the week ending July 19, follows.

Whites W. J. Belser, age 30 years; John E. Dillard, age 39 years; Pelham Anderson Noble, age 14 years; Alice Freeman, age 5 years; John O'Leary, age 68 years; Mrs. Mattie B. Beane, age 58 years; James T. Pearson, age 38 years; Miss Mattie S. Bird, age 64 years; Richard James, age one year.

Negroes Sophia Lee Johnson, age three years; Miles McIlhaney, age 70 years; Sara Smith, age 33 years; Josephine Smart, age 56 years; Emma L. Peterson, age 23 years; Nellie Beverly, age 65 years; Marion Andrew Conley, age 5 years; Maggie M. Greer, age two months.

## LARGE NEGRO 7-17-13

DEATH RATE  
Special to THE NEW YORK AGE.

Tuskegee Institute, Ala., July 14.—"The Teacher as a Sanitarian" was the subject of an address delivered a short time ago by Dr. J. A. Kenny at the Alabama State Teachers' Association, held at Montgomery.

Dr. Kenny said in part: "The Christian ministry, the professions of medicine and teaching, form the great triumvirate to which we must look for the redemption and regeneration of the Negro race from the environs of ignorance, vice, superstition, poor health and a high death rate. The task is stupendous, but by working in unison these can accomplish it, and the time is here, even now, that we should begin in real earnest. We have a great opportunity as well as tremendous responsibility. A limitless virgin soil hardly yet begun to be possessed.

"It has been said that it lies well within the power of man to wipe off the earth all preventable diseases. It is estimated that the following number of deaths from preventable causes occur in the United States every year: Tuberculosis, 150,000; infantile diarrhoeas, 80,000; liquor, 66,000; typhoid fever, 35,000; diphtheria, 30,000; malaria, 15,000; whooping cough, 12,000; measles, 11,000; scarlet fever, 11,000.

"Think of it! All of this misery, suffering and inestimable loss that can be prevented. Prevention is now the watchword among the leadership of the medical profession. This profession invites the ministry, the teachers, the press and the public to join it in its crusade for the prevention of disease.

## Greater Than Titanic Disaster.

"Think of it! 150,000 persons die of tuberculosis every year and this disease can be prevented. Some months ago the wireless telegraphy stations situated along the North Atlantic coast, and on the big ships ploughing the ocean, began to pick up the distress calls from that great trans-Atlantic monarch the Titanic. A few hours later the telegraphic wires and cables of the civilized world announced the terrible disaster. Nations stopped and held their breath. It cannot be true that invincible leviathan with about two thousand lives has gone down, down three miles in midocean, and yet it was true. Immediately the news was confirmed and humanity recovered from its first stunning blow, an investigation was demanded. Somebody must bear the blame. Even Congress stopped its ordinary grind to air the situation. And yet 150,000 persons die of tuberculosis in this country alone every year, and only one person in a thousand ever gives the matter a passing thought—150,000 as against 2,000, and all these 150,000 just as preventable as the 2,000.

Negroes Furnish Greatest Death Rate.

"Now to bring the matter close to our own doors, nearly all statistics from all sources show that our people—your people and mine—furnish the highest percentage of these deaths. I receive the monthly health reports from a number of different states and they all show that the death rate from tuberculosis in the Negro is about two or three times as great as among the whites.

"Some months ago I was interested in a report from this city, which showed that within a certain week there were twenty deaths in the City of Montgomery. I am further advised that the population of this city is about equally divided, but not so in this instance. Of these deaths sixteen were Negroes, four were whites; that is, four Negroes to one white died. Worse still, the whites who died were all advanced in years, 60 to 70 years, practically the natural ending after having served their three score years and possible ten. With our people, according to the records, conditions were different. One died at the age of two years, and the majority were thirty, forty and fifty years of age, at the very time of life when they were most needed by their families, when they would be most serviceable to their state. These conditions are appalling. It means that preventable diseases are taking more than the average toll of life from our midst, and of these tuberculosis, typhoid fever, intestinal and venereal diseases predominate.

This leads me to say that we as intelligent people should take an inventory of our health from time to time, at least yearly. We should see the physician even though we are well and have him examine us thoroughly and tell us where we stand. Thousands of preventable maladies may be prevented in this way, because the majority of these preventable diseases are insidious, such as tuberculosis, Bright's disease, arterio sclerosis, heart disease, etc., none of which comes on in a night. They come on gradually, and if carefully watched by ourselves with the help of our physician we can go a long way toward preventing these diseases getting a fatal grasp upon us. In the majority of instances life can be prolonged with comfort, usefulness and happiness and in many instances they can be cured completely when taken in time."

## STEADY DECREASE SHOWN BY MORTALITY RECORDS

Montgomery's Healthfulness Increased Every Year.

There were forty-five fewer deaths in Montgomery during the first five months of the present year than in the same period last year, according to figures compiled by Chief Clerk Marshall King, of the Health and Sanitary Department, given out yesterday.

There has been a steady decrease in the mortality records for Montgomery annually for the past three or four years, and this is due, in part, to the campaign of the health and sanitary

department, in educating the people in the modern preventative methods. There is not a healthier city in the United States at the present time than Montgomery and physicians declare that there has been less sickness within the city limits this past spring than in many years.

City health records also show a steady decrease annually in contagious diseases and at the present time, there are very few cases known to the health authorities of contagious diseases.

## SHOULD READ HISTORY.

Livingston Home. *Mont Ad*  
Dr. Stiles, one of the experts who is with the Hobson tour of the Sixth District, and who lectures on the science of health, makes the statement that "Southern women are mentally and physically weaker than the women of Ohio." The Montgomery Advertiser controverts the statement with a long list of Southern women, including the mothers of Presidents Washington, Jefferson, Madison, Monroe, Jackson, Tyler and others through the history of the country, including the mothers of Clay and Calhoun, Abraham Lincoln and Jefferson Davis, Robert E. Lee, General Meade, commander of the Federal forces at Gettysburg, Stonewall Jackson and on down to our time, when we have President Wilson, Secretaries Bryan, McAdoo and others of the present cabinet who had Southern mothers. It shows that the sons of Southern mothers have been the leaders and rulers of the country for more than half of its history, and that they are today again at the helm. The gentleman has overlooked the history of his country. 9-21-13

## VIEWS OF A GEORGIAN.

*Mont Ad* 9-26-13  
Macon Telegraph.  
Colonel W. S. West, of Valdosta, so well known to the readers of The Telegraph as a man of affairs and a student of public problems, especially where they affect the South, while in the city yesterday, said: "I did not get back to Macon in time to attend the opening exercises of Mercer University. This I regret, for Mercer is my alma mater, and I am interested in the building of a 'Greater Mercer.' The college is so ideally located it will grow into a great institution. All of us are for a 'Greater Mercer.'"  
"I read in your paper the remarks of Dr. C. W. Stiles, at Jasper, Ala.,

who is touring with Congressman Hobson the Sixth District of Alabama, regarding the women of the South, saying the Southern women were poorer in health and weaker in mind and body than the women of Ohio. The reasons he assigned made by Southern blood boil, and Hobson should have cut his acquaintance. Just think of the causes he gave.

"He based his criticism on the presence of the negro race. He said: 'The African has come to us loaded with diseases, and the races living in proximity have made common the diseases of both, which has affected peculiarly the white women of the South.'"

"This unjust and impudent remark shows how ignorant Northern people, and especially this imported lecturer, are of Southern conditions. Why, in the long years of slavery negroes, men and women, were the most healthy race in the world. Degrading diseases were almost unknown amongst them. Why? Not by reason of their cleanliness, but because as slave property they were

very valuable, and Southern planters were particular about their health, employing the best physicians to visit them in sickness. At the close of the war, when negroes were freed, there was no healthier people on the globe. Men and women were able-bodied and could perform heavy tasks of manual labor every day.

"But after the war, when negroes were detached from the white people by the policies of the North, and the negroes set up shop for themselves, then matters changed. There were no owners to employ physicians. Negroes became careless of their health, neglected all principles of hygiene. In slavery days consumption was unknown among them, but it became very common, owing to the diseases among them. All physicians who practice among the negroes know the causes of their consumption. But in ante-bellum days there was none of it. If the original Africans brought diseases that affected their health, their owners soon gave them medical attention. Their labor was too valuable not to do it. And under slave restrictions no race was ever healthier and stronger than the negroes. It all goes to show how ignorant these Northern people are of conditions in the South. They never understood the relations between the owners and their domestics. But they assume to know and lecture our people from a false viewpoint.

"Dr. Stiles, it seems, is a government lecturer, and giving exhibitions of several department of the government service. If he knows no more about the subject matter of his lectures than he does of the South, both in ante-bellum and post-bellum days, Congressman Hobson should see to it that he is dismissed from the government service, and cease to hob-nob with such an ignoramus."

## STILES' CHARGES

*Mont Ad* 9-28-13  
Tuscaloosa News-Gazette.  
Dr. Stiles and The Advertiser are still discussing the relative health of southern women and those in Ohio etc. The Advertiser takes to the position that the white people of Alabama show up as well as any white people in the world. Dr. Stiles insists that though the negroes may make the low percentage they still count in our reports. This is a serious matter and shows to what extent the State is burdened in many ways. Our illiteracy record is frightful and yet the proportion of white people as The Advertiser points out is very high. The trouble is that all reports count our whole population and we have to stand the implication of being unsanitary and uneducated. There seems to be only one remedy and that is to pitch in and raise the standard for both education and sanitation not among our own people so much as among the colored people. The trouble is that a lot of Dr. Stiles' charges are technically true and it is to our advantage to see that they do not remain true.



LETTERS TO EDITOR  
Mont. Ad. 9-28-13  
LETTER FROM DR. STILES.

Mobile, Ala., Sept. 20, 1913.  
Editor The Advertiser:

Several editorials in your recent issues, relative to my statements in an address on the health of Southern women, have been called to my attention. In view of the importance of the health of the women, both from the humanitarian and the economic standpoints, it may be taken for granted that you are willing to give further space to this general subject. Summarized in a few words, the address in question claimed that because of the unnecessary death rate from preventable disease, the American woman is not being given a "square deal" when approximately 620,000 Americans are annually permitted to die from preventable or postponable causes and when, according to estimate, about 20 per cent. of the American babies are permitted to die before they are one year old. Specifically, it was maintained that the Southern woman in particular is not being given the square deal in this respect, and comparisons were made between the Southern woman on one hand and the women of New Hampshire, Ohio, Indiana and Montana on the other. It was claimed that the Southern woman has a right to just as good protection for the health and life of herself and her offspring as is accorded to the mothers in any other part of the country or of the world, but that she is not receiving it, and an appeal was made to the men that they give to Southern women and children the same safeguards against disease and death that other American women enjoy. The technical arguments in the premises were drawn chiefly from the field of medical zoology and sanitation as applied to rural life.

Let us look a few facts squarely in the face.

The State vital statistics of the South in general are so incomplete for 1910-1912 that we must go back to the Twelfth Census for the most recent statistics available for a general comparison of the entire country. You will not object to this as you have gone back far beyond that. Typhoid fever give us our best basis for a fair nation-wide comparison.

The nation-wide typhoid death rate is seen to be 46.5 deaths per 100,000 inhabitants, as compared with 11 for Scotland, 6.7 for Germany, 4.6 for Switzerland. The lowest death rate of any State in our Union is 16.7 per 100,000; the highest is 93.6 and is for Alabama. We may divide the States into three groups of approximately the same number. One group has a typhoid death rate of approximately 25 per 100,000; a second group approximately 39; a third group 72.7 per 100,000. The first group of States has an average negro population of less than one-half of 1 per cent.; the second about 2.5 per cent.; the third about 34 per cent. Let us recall that typhoid is a filth disease that is easily preventable by proper means of sanitation. Does the Southern woman have a "square deal" when she and her offspring are permitted to die from typhoid in the proportion of 72 as compared with 39 and 25 in the two other groups of States?

Let us recall that each person who

dies has cost some woman nine months of gestation, the dangers and agonies of child birth, long months of nursing and care, and from one to two years of convalescence before the mother's health is fully restored. Does the Southern woman have the square deal as compared with her Northern and Western sisters? How about the Alabama woman?

The same insanitary conditions that are favorable to the spread of typhoid are favorable also to the spread of all other soil-pollution diseases; among the latter, mention may be made of amebic dysentery, Cochlin-China diarrhoea, flagellate diarrhoea and hookworm disease, infections that are widespread in the South, but relatively rare in other parts of the country except in certain localities in the far West.

All of these diseases, and in addition the summer diarrhoeas and dysenteries, are spread largely through lack of proper disposal of the excreta. How about this disposal in the Southern States? According to statistics based upon an examination of tens of thousands of farm homes scattered from the Potomac to the Gulf, 49 per cent. of Southern farm homes make no provision whatever for this. In other words, 49 per cent. of the women and children on the Southern farms live among their own excreta, under the theoretically maximum conditions most favorable to the spread of soil pollution diseases. According to my estimate, based upon personal scientific study, the sanitation of the Southern farms, as respects the prevention of soil pollution diseases, is 7 on a scale of 100 as compared with 27 on a scale of 100 in the many Southern cotton mill villages I have studied. Is this a square deal for the Southern farm woman?

Let us turn to the Southern rural schools. In about twenty years study of the parasitic diseases of the United States, the greater portion of this time being devoted to studies of Southern conditions, I never saw or heard of a sanitary privy at any Southern country school until a few years ago. More than half of the country schools in the South have no provision for the disposal of body waste, and it is the greatest exception that one is found with a sanitary index of more than 1 years; Rose L. Hatcher, age 24 years; on a scale of 100. Thus the Southern country school child is educated in polluted surroundings, and the Southern country school teacher is teaching under surroundings in which she can scarcely look a man in the face without blushing. Many a Southern country school can be shown in which 40, 60, 80 or even 100 per cent. of the children are infected with easily preventable diseases, and in some cases even school teachers also are infected. Is this the square deal to the Southern mother?

It is upon the mother, not upon the father, that the burden of the care and anxiety falls when her children are sick. It is especially the Southern farm mother rather than the Southern farm father, who, because of these conditions, becomes prematurely old and too often broken in health and spirit in comparatively early motherhood.

In all fairness, Mr. Editor, is this the great "civilization" to which you referred in one of your editorials? In all fairness, man to man, who is more loyal to the Southern woman, you in

citing the exceptional hero be he ever so great many of them dead these many years, or I in bringing to the attention of Southern men the dangerous conditions under which the average Southern country mother and her children are living today, living—and dying, conditions that are so easily remediable? My knowledge of these conditions is based upon years of personal study from the Potomac River to the middle of Texas.

In your editorials you refer to my having said something about the mental condition of Southern women. This side of the subject was not discussed in the address in question, although I did refer to the effects certain diseases common among Southern rural school children, have upon the mental development of the children. I have nothing to retract on that point. If you wish the facts as to a comparison between Alabama and Ohio in respect to illiteracy, you can easily obtain them from other sources.

In conclusion, Mr. Editor, in justice to Southern women, will you not visit the farms and country schools of your own State, obtain for yourself the facts, and join with Dr. Sanders, with me, and with other men who are giving up your lives to obtaining for the Southern mother and her offspring the same protection against disease and death enjoyed by the mothers and children in other parts of the country—specifically, if you prefer, in Ohio?

Respectfully,

### FIVE WHITE PERSONS AND NINE NEGROES DIED

Five white persons and nine negroes died in Montgomery during the past week, according to the weekly mortality report of the City Health and Sanitary Department. Of the white deaths, three were infants. The following is the list of deaths for the week ending September 27:

- Whites—Mrs. Anna Bell, Fitzpatrick aged six years; James C. Bostwick, age 24 years; infant of S. W. Cunningham, age 7 days; infant of L. G. Deal, age 1 day; infant of W. C. Wilson, age 1 day.
- Negroes—Willie Galnoer, age 25 years; Rose L. Hatcher, age 24 years; Lottie Moss, age 6 months; George White, age 50 years; Charles Nuckolls, age 21 years; Lee Booker, age 40 years; Johnnie Pickens, age 10 years; Rachael White, age 1 month; Sarah Evans, age 35 years.

### SOUTHERN WOMEN WEAKER THAN THEIR OHIO SISTERS

Dr. Stiles Advances Presence of Negro Race in South As a Cause

Special to The Advertiser. JASPER, ALA., Sept. 11.—The women of the Southern States have poorer health and are weaker in body and mind than the women of Ohio, declared

Dr. C. W. Stiles in a lecture on public health her yesterday. Dr. Stiles accompanied Congressman R. P. Hobson and his party who were touring the Sixth District giving a public exhibition of several departments of the government service.

The noted physician compared the women of the Southern States with the women of the State of Ohio as a concrete example of the healthier condition of women in other sections. He attributed the cause of the poorer health of the Southern woman to the "presence of the negro race in the South. The European races brought diseases to this country peculiar to the white races which have been handed down through lack of proper sanitation. The African race, or negroes, have come to us loaded with diseases unknown to white people, and the two races living in proximity have made common the diseases of both which has affected peculiarly the white women of the South."

He stated it was not climatic conditions nor weaknesses peculiar to the Southern people, but the presence of two races from widely separated nations.

Dr. Stiles stated that the only remedy that seemed practical to redeem the health and restore the vigor of the Southern women was better sanitation. The result of better sanitation would mean a rapid increase in population and greater prosperity.

In his opinion it would not be wise to bring Germans here as a solution of the labor problems until this country is ready to furnish them with nation-wide beer for they would not live satisfied unless their beer could be secured. The Latin races, he stated, would fuse with the negroes and within a few years lose their identity.

Then, as a solution of the labor problem, he urged the saving of the health of Southern mothers and preventing the premature deaths of their boys and girls.

### NEGROES ARE LECTURED.

Special to The Advertiser. MOBILE, ALA., Feb. 9.—Dr. Charles A. Mohr, City Health Officer, addressed the negroes of this city this afternoon at the Warren Street Methodist Church on the subject of disease prevention. Dr. Mohr and Mayor Laz Schwarz have been carrying on a campaign among the negroes to improve health conditions.

Major Organisations for Health  
Working.

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# LETTERS TO EDITOR

## LETTER FROM DR. STILES.

Mobile, Ala., Sept. 20, 1913.  
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Several editorials in your recent issues, relative to my statements in an address on the health of Southern women, have been called to my attention. In view of the importance of the health of the women, both from the humanitarian and the economic standpoints, it may be taken for granted that you are willing to give further space to this general subject. Summarized in a few words, the address in question claimed that because of the unnecessary death rate from preventable disease, the American woman is not being given a "square deal" when approximately 620,000 Americans are annually permitted to die from preventable or postmortal causes and when, according to estimate, about 20 per cent. of the American babies are permitted to die before they are one year old. Specifically, it was maintained that the Southern woman in particular is not being given the square deal in this respect, and comparisons were made between the Southern woman on one hand and the women of New Hampshire, Ohio, Indiana and Montana on the other. It was claimed that the Southern woman has a right to just as good protection for the health and life of herself and her offspring as is accorded to the mothers in any other part of the country or of the world, but that she is not receiving it, and an appeal was made to the men that they give to Southern women and children the same safeguards against disease and death that other American women enjoy. The technical arguments in the premises were drawn chiefly from the field of medical zoology and sanitation as applied to rural life.

Let us look a few facts squarely in the face.

The State vital statistics of the South in general are so incomplete for 1910-1912 that we must go back to the Twelfth Census for the most recent statistics available for a general comparison of the entire country. You will not object to this as you have gone back far beyond that. Typhoid fever give us our best basis for a fair nation-wide comparison.

The nation-wide typhoid death rate is seen to be 46.5 deaths per 100,000 inhabitants, as compared with 11 for Scotland, 6.7 for Germany, 4.6 for Switzerland. The lowest death rate of any State in our Union is 16.7 per 100,000; the highest is 93.6 and is for Alabama. We may divide the States into three groups of approximately the same number. One group has a typhoid death rate of approximately 25 per 100,000; a second group approximately 39; a third group 72.7 per 100,000. The first group of States has an average negro population of less than one-half of 1 per cent.; the second about 2.5 per cent.; the third about 34 per cent. Let us recall that typhoid is a filth disease that is easily preventable by proper means of sanitation. Does the Southern woman have a "square deal" when she and her offspring are permitted to die from typhoid in the proportion of 72 as compared with 39 and 25 in the two other groups of States?

Let us recall that each person who

dies has cost some woman nine months of gestation, the dangers and agonies of child birth, long months of nursing and care, and from one to two years of convalescence before the mother's health is fully restored. Does the Southern woman have the square deal as compared with her Northern and Western sisters? How about the Alabama woman?

The same insanitary conditions that are favorable to the spread of typhoid are favorable also to the spread of all other soil-pollution diseases; among the latter, mention may be made of amebic dysentery, Cochlin-China diarrhoea, flagellate diarrhoea and hookworm disease, infections that are widespread in the South, but relatively rare in other parts of the country except in certain localities in the far West.

All of these diseases, and in addition the summer diarrhoeas and dysenteries, are spread largely through lack of proper disposal of the excreta. How about this disposal in the Southern States? According to statistics based upon an examination of tens of thousands of farm homes scattered from the Potomac to the Gulf, 49 per cent. of Southern farm homes make no provision whatever for this. In other words, 49 per cent. of the women and children on the Southern farms live among their own excreta, under the theoretically maximum conditions most favorable to the spread of soil pollution diseases. According to my estimate, based upon personal scientific study, the sanitation of the Southern farms, as respects the prevention of soil pollution diseases, is 7 on a scale of 100 as compared with 27 on a scale of 100 in the many Southern cotton mill villages I have studied. Is this a square deal for the Southern farm woman?

Let us turn to the Southern rural schools. In about twenty years study of the parasitic diseases of the United States, the greater portion of this time being devoted to studies of Southern conditions, I never saw or heard of a sanitary privy at any Southern country school until a few years ago. More than half of the country schools in the South have no provision for the disposal of body waste, and it is the greatest exception that one is found with a sanitary index of more than 1 on a scale of 100. Thus the Southern country school child is educated in polluted surroundings, and these Southern country school teachers, teaching under surroundings in which she can scarcely look a man in the face without blushing. Many a Southern country school can be shown in which 40, 60, 80 or even 100 per cent. of the children are infected with easily preventable diseases, and in some cases even school teachers also are infected. Is this the square deal to the Southern mother?

It is upon the mother, not upon the father, that the burden of the care and anxiety falls when her children are sick. It is especially the Southern farm mother rather than the Southern farm father, who, because of these conditions, becomes prematurely old and too often broken in health and spirit in comparatively early motherhood.

In all fairness, Mr. Editor, is this the great "civilization" to which you referred in one of your editorials? In all fairness, man to man, who is more loyal to the Southern woman, you in

citing the exceptional hero be he ever so great many of them dead these many years, or I in bringing to the attention of Southern men the dangerous conditions under which the average Southern country mother and her children are living today, living—and dying, conditions that are so easily remediable? My knowledge of these conditions is based upon years of personal study from the Potomac River to the middle of Texas.

In your editorials you refer to my having said something about the mental condition of Southern women. This side of the subject was not discussed in the address in question, although I did refer to the effects certain diseases common among Southern rural school children, have upon the mental development of the children. I have nothing to retract on that point. If you wish the facts as to a comparison between Alabama and Ohio in respect to illiteracy, you can easily obtain them from other sources.

In conclusion, Mr. Editor, in justice to Southern women, will you not visit the farms and country schools of your own State, obtain for yourself the facts, and join with Dr. Sanders, with me, and with other men who are giving up your lives to obtaining for the Southern mother and her offspring the same protection against disease and death enjoyed by the mothers and children in other parts of the country—specifically, if you prefer, in Ohio?

Respectfully,  
C. W. Stiles.

## FIVE WHITE PERSONS AND NINE NEGROES DIED

Five white persons and nine negroes died in Montgomery during the past week, according to the weekly mortality report of the City Health and Sanitary Department. Of the white deaths, three were infants. The following is the list of deaths for the week ending September 27:

Whites—Mrs. Jennie Bell, Fitzpatrick aged six years; James C. Bostwick, age 24 years; infant of S. W. Cunningham, age 7 days; infant of L. G. Dean, age 1 day; infant of W. C. Wilson, age 1 day.

Negroes—Willie Gainer, age 25 years; Rose L. Hatcher, age 24 years; Lottie Moss, age 6 months; George White, age 50 years; Charles Nuckolls, age 21 years; Lee Booker, age 40 years; Johnnie Pickens, age 10 months; Rachael White, age 1 month; Sarah Evans, age 35 years.

## SOUTHERN WOMEN WEAKER

## THAN THEIR OHIO SISTERS

Dr. Stiles Advances Presence of Negro Race in South As a Cause

Special to The Advertiser.  
JASPER, ALA., Sept. 11.—The women of the Southern States have poorer health and are weaker in body and mind than the women of Ohio, declared

Dr. C. W. Stiles in a lecture on public health her yesterday. Dr. Stiles accompanied Congressman R. P. Hobson and his party who are touring the Sixth District giving a public exhibition of several departments of the government service.

The noted physician compared the women of the Southern States with the women of the State of Ohio as a concrete example of the healthier condition of women in other sections. He attributed the cause of the poorer health of the Southern woman to the "presence of the negro race in the South. The European races brought diseases to this country peculiar to the white races which have been handed down through lack of proper sanitation. The African race, or negroes, have come to us loaded with diseases unknown to white people, and the two races living in proximity have made common the diseases of both which has affected peculiarly the white women of the South."

He stated it was not climatic conditions nor weaknesses peculiar to the Southern people, but the presence of two races from widely separated nations.

Dr. Stiles stated that the only remedy that seemed practical to redeem the health and restore the vigor of the Southern women was better sanitation. The result of better sanitation would mean a rapid increase in population and greater prosperity.

In his opinion it would not be wise to bring Germans here as a solution of the labor problems until this country is ready to furnish them with nation-wide beer for they would not live satisfied unless their beer could be secured. The Latin races, he stated, would fuse with the negroes and within a few years lose their identity. Then, as a solution of the labor problem, he urged the saving of the health of Southern mothers and preventing the premature deaths of their boys and girls.

## NEGROES ARE LECTURED.

Special to The Advertiser.  
MOBILE, ALA., Feb. 9.—Dr. Charles A. Mohr, City Health Officer, addressed the negroes of this city this afternoon at the Warren Street Methodist Church on the subject of disease prevention. Dr. Mohr and Mayor Laz Schwarz have been carrying on a campaign among the negroes to improve health conditions.

*My Organism is weaker for Health*

*Revised M. A. Com. 28.3 57 Vol. I 1912*

*Dr. Stiles New York*  
*Ref 1910*  
*Colored*  
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# Can Atlanta Afford Not to Spend \$10,000 Annually in Battle With Consumption?

*Constitution 6-8-13*

## STARTLING STATISTICS AS TO RAVAGES OF SCOURGE

There are more than five thousand people in the city of Atlanta who are suffering with tuberculosis in serious form. These five thousand are exposed daily to this dread disease twenty-five thousand others in their homes and at least double that number in their places of business, making seventy-five thousand of our total population of two hundred thousand who are forced into close daily contact with the fatal and infectious white plague.

The records of the city health board show that the deaths from the disease reported in 1910 numbered, negroes, 155; whites, 135; in 1911, negroes, 184; whites 141; in 1912, negroes, 182; whites, 142. These figures demonstrate that there has been no decrease in the number of victims of the awful malady. Eliminating from view entirely the suffering and toil and heartache and despair that have resulted from it, the cost in cold dollars and cents to the city is estimated at \$2,500,000 annually.

### Figures Carefully Compiled.

These figures are not taken at random nor are they mere guesses, but have been carefully compiled by the Atlanta Anti-Tuberculosis association, which has given four years of patient and heroic effort to combatting the disease. In the light of these facts, is there any room for argument of the question whether or not the city can afford to spend \$10,000 a year for the elimination of the plague? Is it not sufficiently well demonstrated that we cannot afford with safety to ourselves and our children to spend less?

It is true that Atlanta, with its 1,100 feet elevation above sea level, with its pure and invigorating air and its moderate temperature the year round, rarely touching either extreme of hot or cold, has been blessed by nature with a climate that should render it the healthiest city in the United States. Notwithstanding, so rapid has been our growth and so absorbing our devotion to the pursuit of private wealth and power, that our citizens have lost sight of the vital importance of health conservation, neglecting even the most elementary sanitary precautions, and, almost within a stone's throw of our luxurious palaces and aspiring office buildings, festering areas of squalor and dirt, that are veritable plague spots for the dissemination of the scourge, are to be found.

To seek out these zones of infection, to labor in them and to inform the people of their menace has constituted the greatest part of the work to which the association is devoted.

No more convincing illustration of conditions which exist and of their danger could be afforded than is shown in pictures which have been taken by the association of localities almost in the heart of Atlanta, within a few minutes' walk from the business section of the city.

### Danger From Washerwomen.

An exterior view shows the hut of a negro woman who was compelled to earn a living for herself and her tuberculous husband at the washtub. On a bed in the corner lies the man in the last stages of the disease, while there may be seen heaped upon the floor piles of freshly laundered clothes. Of course, the furniture, the floor, the very air of the place is loaded with the deadly tubercle germs. Now, this woman did the washing for ten white families, every member of which was constantly exposed to infection. This is only one case among many that might be equally to the point.

Other pictures show the horribly filthy surroundings among which these garments are washed and hung to dry. Here is a view of back yards on Germunden street adjoining the cabin from which the patient referred to was taken. Germunden street is a neglected little lane of degradation and dirt a half block west of Peters street and within two minutes' walk of the Terminal station. Outside of its hundred or hundred and fifty dusky denizens, it is doubtful if so many as a dozen people in the entire city have so much as heard of its name. Yet its power to infect and to slay reaches thousands.

There are sewers with their sanitary connections on Peters street a half block away. But nothing of that sort for Germunden. There the surface closet still reigns supreme. There are surface closets with the wash of white families hung on the line suspended from them to dry. Unkempt washing utensils are flung around in disorder with rubbish and filthy scraps of papers strewn the ground directly under the lines on which the clothes are hanging. When the washing is over the water from the tubs is poured out on the ground and flows into the street, a thick stream of pollution and disease germs. Pools of dirty water stand there continually.

### Negroes Not Responsible.

Victims of cruel circumstance, these washerwomen are not to be blamed for the condition amid which they live. They are unable to earn a living in any other way than by washing. They are not responsible for the surface closets and the other filthy surroundings in which they move. On

the owners of the houses and on the city at large rests the responsibility for these. Yards like those shown in the picture on this page are fertile breeders not only of tuberculosis, but of many other deadly diseases, including typhoid.

It is to eliminate just such conditions that the association is laboring. In the particular case to which allusion has been made, the patient was sent to the tuberculosis sanitarium, the house fumigated, the yard cleaned, other members of the family examined and a rigid oversight instituted to prevent the spread of the contagion to others. This was not accomplished without great difficulty. The negroes are superstitious and prejudiced against the work of the association. They believe that their relatives are being carried away to the sanitarium to die and that they will never see them again. In this case and in many others, that is true because the patients are already in a hopeless stage of the disease when discovered.

### Similar Conditions Among Whites.

Conditions almost, if not quite as bad as these, exist among the whites too, who, stricken with poverty, discouragement and disease, have no strength left to offer resistance to their surroundings. Take the case of the little white girl in the picture, a pathetic instance, indeed. Here was a child 11 years old on Jefferson street who, while her mother and older sister were earning the living for the family in a factory, was left at home to cook, do the washing and keep the house, and at the same time to nurse her stepfather, who was found to be in the last stage of tuberculosis.

Think of this child and her almost superhuman task, aging even in her earliest youth under the pressure of duties far above her years and exposed daily to a horrible and lingering death; and then find it in your heart, if you can, to make light of or to minimize the efforts that are being made to relieve such cases. Of course, she seemed to have little realization of her danger. Notwithstanding her hard fate, the association nurses always found her neat and cheerful as she appears in the picture. A tidy little housekeeper, she was making a heroic fight against surroundings that were unspeakably discouraging. But her resignation and unconsciousness of peril do not relieve of responsibility the community which allowed such a staggering burden to be imposed upon her.

The truth is that the public is just beginning to wake up to the seriousness of the danger and of its duty to labor for the extermination of the

scourge, which has been demonstrated to be entirely feasible. Tuberculosis kills 200,000 people each year in the United States, that is one in every two and three-quarter minutes that the clock ticks. One-seventh to one-tenth of all deaths are from this cause. Its ravages are greatest among the young. It slays one-third of all those who die between the ages of 18 and 45. Its money cost to the people of the United States is estimated to be not less than a half billion of dollars annually. Think of it. The toll in dollars and cents taken from the pockets of our people in a single year by this monster would suffice to build the Panama canal. There are not less than one million people in the United States who are now in its clutches.

In the light of these startling facts it may be of interest to the people to know just what the Atlanta association has done and is undertaking to do. Four trained social workers are employed every day visiting the home of patients, supervising their nursing and teaching them how to prevent the spread of this communicable disease, and building up members of disease households whose lowered vitality might make them more liable to contract the plague. Of the individual examined, 1,718 were found to be free from the disease, precautionary examination having been made of other members of the family where the contagion is found. Of those who were discovered to have the disease, 18 have since died; 38 have been apparently cured; 46, upon decided improvement, gave up the treatment; 137 became discouraged and abandoned treatment before they had had time to experience any improvement. There are about five hundred patients under treatment at the present time. Many of these have been sent to the city sanitarium.

The aim of the organization is to locate every indigent tubercular patient in Fulton county, to investigate his social condition and to give him dispensary treatment where it is needed. Through its trained nurses it will supervise the sanitation of disease homes, and when possible make arrangements for the admission of patients to sanitarium where they can receive the most skillful treatment. The work is carried on in co-operation with the Associated Charities and with state and city boards of health.

One most pressing need that is encountered in the battle with consumption is for a more accurate and effective registration of communicable diseases. Under the system now in vogue in Atlanta considerable difficulty is experienced in locating tuberculous patients. When physicians are required to report promptly for registration every case that comes within their knowledge and the necessary funds are forthcoming to carry on the work, it is believed that rapid progress will be made toward the ultimate elimination of the scourge, with all of the saving in money and in lives that implies from the community.

Mary E. Lapham, of Highlands Camp Sanatorium, Highlands, N. C., is among the first national authorities on tuberculosis. She has written especially for The Constitution a book on the status of the fight against that disease, to be read on Tuberculosis day. Dr. Lapham states, with startling candor, that we are attacking tuberculosis at the wrong angle.

By Mary E. Lapham, M. D.

"For which of you, desiring to build a tower, doth not first sit down and count the cost, whether he have wherewith to complete it? Lest haply when he hath laid a foundation, and is not able to finish, all that behold begin to mock him, saying, 'This man began to build and was not able to finish.'"

The sale of Red Cross seals this year was not as markedly successful as heretofore. There was a lack of enthusiasm, which possibly expressed a deeper instinct—a feeling that tuberculosis work had come to a standstill; that there was nothing new—no new ideas to attract attention and arouse interest—nothing but the same old story in the same old way. The need for greater each year, but this burden is sagging down on us now because we see no hope of a change for the better in the future. As the magnitude of the suffering becomes more apparent, the difficulty of relieving it is magnified to such an extent that the burden seems more than we can bear. Each year the number of cases increases, although the death rate falls because of better care and more recoveries. With children we find that the disease has not been reduced, and that the number of cases steadily increases up to maturity. The demand for beds, for relief from suffering, becomes ever greater. In spite of our efforts, the flood is rising, and the taxpayers that are building and supporting \$3,000,000 hospitals may well call a halt and ask for a report from a tuberculosis committee justifying the expenditure of so much money by a plain statement of the facts upon which this expenditure is based. This committee would say that the spread of tuberculosis is menacing our future, and that it must be stopped. That the only way to do this is to take care of all cases, for two reasons: First, to prevent their being sources of contagion to others; second, to get them well and educate them so that they will never expose anyone else to such danger.

### Prevention of Exposure.

The method for our present method of exposure is the prevention of exposure. It is universally believed that the only way the disease is required, if we could prevent the transmission from one case to another we could stamp out tuberculosis as we have smallpox and other communicable diseases. If



we can keep tubercle bacilli out of our bodies we can never have tuberculosis, is the cardinal point—the point upon which all our work turns, and therefore the ideal way would be to place every case and every tubercle bacillus derived from a case on an island in the middle of the ocean, and thus effectually obliterate all means of perpetuating the disease. This is what we mean when we speak of “obliterating tuberculosis,” because we believe that the tubercle bacillus is only resident in the human body and cannot grow outside, and that its transmission from case to case is the sole supply. We are doing our best to prevent this transmission by quarantine measures. Because segregation prevents the spread of cholera and diphtheria and other communicable diseases, we argue that it must check tuberculosis.

In making a critical estimate of the tuberculosis situation, we must clearly distinguish between the reduction of the death rate and the reduction of the total number of cases. Because of improved methods we have markedly reduced the death rate, is tuberculosis decreasing? No! On the contrary, it is steadily increasing, steadily affecting our existence in greater and greater complexity, until it is beginning to be found inextricably interwoven and entangled with the strength and vigor of our people, even when not characterized by organic destruction. A small proportion of tuberculosis comes out and is recognized. These manifest cases are all that we take cognizance of. Beneath this small percentage is an immense mass of disease, never recognized, existing as all sorts of failures in health and strength, so that at the least calculation the health and strength of one-twelfth of our total population is undermined. With 1,000,000 manifest cases and 7,000 unsuspected, latent cases we may well ask, Are you sure that we are working the right way? Can nothing more be known? Would it be worth while to appoint a commission of our most scientific men to carefully study the problem and report the latest scientific discoveries and see if anything more can be done? Would it not save the United States money to put this huge problem in the hands of a scientific investigating committee, with men like Gorgas and Ravenel and Bass, to present the situation according to the best scientific comprehension?

We are working too much in the dark. We are not sufficiently informed on the following points:

#### We Don't Know.

We do not know when the disease begins nor how; whether it is an intestinal infection constantly resident and constantly entering and leaving the blood stream, as so many other infections do, and manifesting itself at any time in any way; the bacillus of Koch may be but the final product of a long series of adaptations, produced by changing conditions in us, and therefore if we are to be able to detect this disease in its various stages, we must be able to discover all the different stages in the life history of its cause, otherwise we shall not work with any precision. Since tuberculosis is the most widespread of all diseases, and the only one affecting so many forms of animal life, we should know whether our bacillus and our disease are an analogous phenomenon, or separate and unique. The fish, frog, snake, lizard, turtle and other cold-blooded animals have tubercles produced by tubercle bacilli; so have chickens, turkeys, pigeons and birds; so have pigs, sheep, cats, dogs, cows and monkeys. All of these animals have the kind of tubercles, produced by tubercle bacilli. She is handed from snake to frog, from frog to cow, in sealed transmission, and if we could break this transmission, each class of existences would be saved? Or shall we say that this is an extraordinary fact? That as a rule a disease affects a very restricted number of species; the boll weevil does not affect wheat, nor the phylloxera of grapes, apples; Anthrax is harmless to horses; foot and mouth disease does not touch frogs.

Would it be more reasonable to infer that such an unusual, universal manifestation must be due to some universal cause affecting all these species alike, differing only in its manifestation, because of the

peculiarities of its victim? What could this common cause be that is affecting our animal world so universally? In all tubercles we find bacilli that are alike in their fundamental characteristics. Whether in man or frog, in snake or cow, these bacilli resemble each other in the way they stain and in their biological reactions. Their presence can always be detected by tests with tuberculin made from any member of this great family. A tuberculin made from the tubercle bacilli of the turtle will cause a reaction in man. More than this, these same bacilli are found throughout the vegetable world, on the leaves of trees, the blades of grass, in hay, in the mosses, in running water and in stagnant places. Generally speaking, they are everywhere, and if we make a tuberculin from the timothy bacillus, we get a reaction in any animal harboring tubercle bacilli. It has even happened that the human tubercle bacilli of one country are less closely related to the inhabitants of another country than the timothy bacillus growing in their own home fields.

#### A Paradox.

We find these bacilli present in the milk and dung of cows very often, and the cow seems to be perfectly well. With a marked tuberculin reaction and tubercle bacilli in the milk and dung, we might suppose that the cow had tuberculosis. Not necessarily. When slaughtered, not a sign of harm may be discovered. Shall we argue from this that the cow takes in these bacilli with the grass or hay she eats and the water she drinks, and that this ingestion and excretion are part and parcel of ordinary life and a normal phenomenon? We drink the milk and eat the butter and cheese, and 300,000 children in the United States have tuberculosis caused by tubercle bacilli derived from the milk of cows. Would these cases be “obliterated” by quarantine? Has this anything to do with transmission from case to case, or “exclusive residence in the human body”? Evidently, to prevent this class of infection, we must sterilize the milk, butter and cheese, for, although we can keep tuberculosis animals out of our herds, we can in no way prevent the presence of tubercle bacilli in the milk of healthy cows.

It begins to seem as if the cause of tuberculosis is too great for us to combat; that it is so universal and so stupendous that an infection by tubercle bacilli is absolutely unavoidable. There is a great distinction that must be clearly recognized between an infection by tubercle bacilli and tuberculosis. We are all striving with might and main to keep tubercle bacilli from entering our bodies, when they are already there, and have been ever since our lives began. We know beyond all doubt that by the time our children reach maturity they are all infected by tubercle bacilli, because they all give positive tuberculin reactions. This does not mean that all of our children have tuberculosis. Far from it. But it does mean that the tubercle bacilli are there, and therefore, that each and every child is a possible victim. Since all are infected, the point of greatest importance is to know what this infection is doing. We can never in any way prevent the entrance of tubercle bacilli into the bodies of all our children; therefore, it is very necessary to keep watch of this infection and see what it is doing. We must know whether the child is safe or in danger, and we must have this knowledge, not only for today, but for tomorrow and for all time. How shall we know? If the child is sick or pale or listless, or if there is anything to attract attention, we will be anxious and have the child examined, not by physical examinations of the lungs alone, because in 40 per cent of all cases these are valueless until much harm has been done. The X-Ray is often the only way of knowing to what extent the disease has developed.

#### Common Fallacies.

We instinctively assume that good health is a guarantee against tuberculosis. It does not occur to us that a strong, healthy child can be in any danger. We associate tuberculosis with being sick, or at least with being below the standard. And so our well children go on with their play, and their school, and their college, and then some day, for no reason whatever, and possibly as suddenly as though struck by a

bullet, come crashing down with tuberculosis. “How long have you been sick?” asks the doctor. “Only a few weeks,” says the patient. “Just a little malaria, or in digestion, or a bilious attack.” The conscientious physician examines the lungs as a matter of routine, and only too often finds that they are woven through and through with strands of tuberculous processes, and that the end has come. In spite of good health and working capacity, these threads have crawled from point to point, occasioning no disturbance of health and strength, causing no cough, or expectoration, or fever, or loss of weight or strength—nothing whatever to indicate the hidden danger. The friends ask, “How did you contract it?” Alas, this disease gnawing at our very vitals is not so much “contracted” as developed.

We know that in every babe there is an intestinal infection by “colon” bacilli. This is absolutely true of every individual. It is also true that these bacilli seldom do harm, but that now and then they leave the intestines, enter the lymphatics and blood stream, and cause a diseased condition of the bladder or kidneys, liver, gall bladder, lungs or even the brain. We know the possibility of these dangers, but we also know that they are inevitable, that it would be absurd to attempt to protect ourselves against an infection which is part and parcel of our very life. It begins to seem as if tuberculosis was an analogous condition; as if the original organism was a harmless, persistent, universal resident of the intestines, and that as a rule this infection did no harm. Now and then these bacilli are found in the feces or urine, or even the sputum, when there is no trace of disease, so that it is possible that they enter the blood stream and are excreted by us just as they are by the cow without doing harm.

One per cent of all the babes to be born in 1914 will die of tuberculosis before the year is over, and this, whether the parents have tuberculosis or not, and regardless of exposure. Can it be that these babes die because they have never been able to sufficiently establish the ability to live in safety with tubercle bacilli?

Scientists are finding with ever increasing frequency the immature, pre-bacillary forms in the tissues of prematurely born babes, and their presence in overwhelming numbers in the tissues does not necessarily imply destruction. Can it be that every year the children, unable to resist, are weeded out, and that from year to year only the stronger survive, so that with increasing age the supply for the ensuing years becomes more and more obtained from the ranks of supposedly healthy people? The tuberculosis of adults, of fathers and mothers and wage-earners, cannot be caused by an original, primary infection due to exposure, because all our children are infected by the time they reach maturity. Supposing that all tuberculosis begins in childhood, and that the adult form is always the delayed manifestation of a dangerous process that has existed for years, it is evident that the detection of this danger is the greatest safeguard against its development. It is delay, it is failure to discover the existence of this danger that is causing death from tuberculosis, far more than the inevitable presence of tubercle bacilli.

#### What We Need.

If we could have an X-Ray apparatus, a well equipped laboratory and the right men back of it all—men who are scientists, capable of handling these questions as Ravenel handled the bovine infection, Gorgas the canal and Bass the malarial organism, and could begin by studying our children, we should in a few years know how many children were in danger, and at what age, and by arresting these cases we should prove the relationship of the primary tuberculosis of children to the secondary tuberculosis of adults. As it is, we are working in the wrong way. We are waiting until the disease pulls its victims down into beds, instead of trying to stop off the supply at the start. This is bad finance. Millions for detection and true prevention instead of waiting until we can only palliate, would be much better economy. The greatest need

in tuberculosis work is not more money, but more expenditure in brains, in comprehension. What we spend in detection will save an immense amount later on in beds. Let us have a committee of scientists to show us the way and co-ordinate our efforts. Fewer beds, and more brains.

The relation of the state boards of health to the protection of their people demands the presentation of the true dangers of tuberculosis to the people in order that they may know how best to enact their own salvation. The people must first know in order to act, and the means of defense must come from an enlightened, instructed population. The state boards of health should be equal to the occasion and instruct their taxpayers in the fundamental principles of finance as applied to the tuberculosis problem. Unfortunately, some health officers are too eagerly pursuing private gain in their practice to adequately protect their people. The study of tuberculosis demands far more time and far more strength than these officials have to spare. Therefore, the blind lead the blind, and no progress is made. Just as Dayton has asked for Gorgas, let the states ask for some man of splendid ability to devote his entire time to the prevention of tuberculosis according to the scientific principles of today, and not according to the dogmas and traditions inherited from the past. Things move in the tuberculosis world as well as in others, and he who stands still gets left.

Four or five thousand dollars spent on a scientific man to devote all his time to the study of preventive medicine and the instruction of the people, would be about as profitable an investment as a state could make. Such men are being trained at Cambridge especially for public health work, and their services as experts will be of inestimable value in the future.





# Keep Healthy

By Dr. A. Wilberforce Williams

A Weekly Talk on Preventative Measures, First Aid Remedies, Hygienics, Sanitation. No Cases will be Diagnosed and No Prescriptions will be Given in This Column

## Civic and Self-Pride.

Civic pride consists in doing all one can for the upbuilding of his city beautifying, purifying and making your city the best possible one on earth.

Many of the colored people have been accused of not taking the proper amount of interest in civic affairs; that they are too much commercially inclined and not public-spirited enough.

One who has civic pride has also community pride. He wants his community or locality to be the cleanest and the most beautiful part of the city. He sets a good example in keeping his sidewalk, front and back yard clean, free from weeds, trash and old pieces of paper, etc.

Home pride is civic and community pride also. Begets self-pride or vice versa.

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Home Pride.

A man's home is his castle, and it is the ambition of every sane man to make, and maintain, a clean (both physically and morally) healthful and beautiful home, both inside and outside.

The kitchen, the sink, the ice box, kitchen stove, basement, wash-tub and all parts of the house will be looked after and kept as scrupulously clean and free of dirt as the parlor or sitting room. He will not be content with the back gate broken down or hanging on one hinge, the fence dilapidated.

He will make a generous use (in order to keep the place healthy and beautiful) of the whitewash and paint brushes both on the inside and outside of his property.

## Self-Pride.

Self-pride may be divided into two parts. There is self-pride consisting of the good opinion of your own self.

You want to know and feel within yourself that your mouth is clean, and your breath sweet; that your body is clean, that your under or hidden garments are just as clean as your outer garments.

A true lady and gentleman will not be satisfied to have on dirty, ragged under garments. Some people feel all right with dirty, stinking hose, dirt between their toes and with feet whose odor is so foul that one must often leave the room when the shoes are off, provided they have on highly polished, up-to-date shoes to cover up his neglectful use of plenty of soap and water.

The second self-pride is the pride for the good opinion of other people. People will dress, bathe themselves, clean the house, etc., from the viewpoint of other people. They are constantly in fear that someone will pass an unfavorable opinion upon their self-grooming or upon the way in which they take care of their home. They do not care how badly their teeth are decayed, how foul the breath is, coming from a dirty nose or stomach, how badly the body may need a bath, how dirty the under garments are, just so they make a neat outward appearance, or, in other words, put up a "good front." They often ask the question, "How do I look?" never caring about "how do they feel?"

## Cleanliness.

Cleanliness is one of the most important elements in securing good health. A dirty body, inside or outside, decayed teeth, dirty mouth, unkept streets and yards, breed and spread disease. These things militate against good health. Let us begin now and continue during the remaining days of our lives to preach, teach and to educate old and young, the importance of cleanliness in city, in the home, in the body and mind as the most essential elements to good health.

Let each fellow systematically look

after the cleanliness of himself, his surroundings and encourage his neighbor to do the same, but let him first remove the mote from his own eye by his example of self and civic pride, and then assist his neighbor to remove the bean from his eye. For we fully realize the esthetic or the beautiful side of life adds to the health and general good feeling of oneself; for good sanitary conditions are the base of good health.

## Esthetics.

We plead for more generous use of the esthetics in our home, more flower beds in our back and front yards, more window boxes with flowers therein, more pot flowers in the dining room windows, more beautiful pictures on the walls, more flowers on the breakfast table once in awhile.

These things stimulate the highest and most beautiful emotions of our soul and tend to make us proud of our home and thoughtful of our community.

## Notes.

Dr. A. Wilberforce Williams will speak Tuesday night at Quinn Chapel under the auspices of the Chicago Tuberculosis Institute on, "Things We Must Learn of the Nature, Prevention and Care of Tuberculosis."

Last Sunday, Aug. 24, at Hope Presbyterian church, 61st and Loomis boulevard, Dr. A. Wilberforce Williams delivered an address on "Preservation of Health" to a large and appreciative audience.

## Air, Sunshine and Water.

Few people know perhaps that in the progressive England of today there was once a window tax which dated from the middle ages and which was not abolished until 1851. Think of it, a tax on light and air and which, despite the fact that people cut down the number of windows in new houses and bricked or boarded up all they could dispense with in existing houses, this awful tax on people's air and sunlight netted millions of dollars annually to the English government. It is too, a most singular and interesting fact that just about the time the tax on windows was abolished, the advance in sanitation in England began. Today, we do not have a direct tax on light and air; but, owing to lax and faulty building regulations, many buildings intended for human habitation are woefully deficient in these most important requirements. The Department of Health is compelled to be on the alert all the time in order to prevent the erection of tenements that are lacking in air space and in the number of windows provided that will afford direct and natural ventilation to the outside air, besides admitting plenty of life-giving sunshine, which is known as Nature's great de-

stroyer of the germs of disease. The Days of Enlightenment. In these days of enlightenment and knowledge as to the value of air and sunshine as agencies contributing to physical health and vigor, it is almost incredible that people will be so greedy and mean as to want to build tenements wherein the rooms are small, dark and improperly ventilated; and then add insult to injury by seeking to collect high rents from those who are compelled to live in these dangerous and disease-breeding domiciles.

## Right Kind of Air.

Next in importance to the air supply in our homes and work places comes that of a plentiful supply of good, pure water. A community's water supply should be both pure and plentiful. It is not in accord with good sanitation that for use in our homes the water supply should be restricted by a metered or measured service that will make people stingy with the use of water for domestic or household purposes. Even where there is an admitted waste of water in the homes this same waste has a distinct and important sanitary value when taken in connection with the question of sewerage disposal. And especially is this true in cities where, owing to topographical conditions the sewers have only a very light gravity flow. In other words, then, the sanitary value of the so-called wasted water is such as to amply pay for the increased cost of pumping a daily per capital supply that, viewed only from pumping station cost, would seem excessive and useless. So, from what we have said it is easy to understand that fresh air, sunlight and pure water are most important factors in promoting community health. Easy to see, too, that they are agencies that people should at all times have in unstinted and liberal amounts; for, in their life and health-giving properties, these three, air, sunshine and water constitute a wonderful trinity for human good.

## ARE SOUTHERN WOMEN WEAKER IN MIND AND BODY?

Special to The Advertiser. JASPER, ALA., Sept. 11.—The women of the Southern States have poorer health and are weaker in body and mind than the women of Ohio, declared Dr. C. W. Stiles in a lecture on public health here yesterday. Dr. Stiles accompanied Congressman R. P. Hobson and his party, who are touring the Sixth District giving a public exhibition of several departments of the government service.

The famous doctor compared the women of the Southern States with the women of the State of Ohio as concrete example of the health-

condition of women in other sections. He attributed the cause of the poorer health of the Southern women to the "presence of the negro race in the South. The European races brought diseases to this country peculiar to the white races which have been handed down through lack of proper sanitation," says the imported doctor. "The African race, or negroes, have come to us loaded with diseases unknown to white people, and the two races living in proximity have made common the diseases of both, which has affected peculiarly the white women of the South."

It is difficult to handle with patience the statements of the average imported lecturer. It does seem that the South is lectured more than any other afflicted country on God's green earth. No matter who may be the upstart on the platform, he would not think of closing his itinerary without including more Southern points than Northern points. The imported lecturer would not come among us without first loading himself with empty theories concerning certain social, political, economic and physical faults which beset the Southern people. They come among us and try to make us adjust our civilization to their standards, as if we did not have the greatest civilization of modern times. They find nothing but fault with us. In finding that fault they adopt odious methods.

Captain Hobson has brought Dr. Stiles, a zoologist, according to "Who's Who" down to the Sixth District to make demonstrations and speeches. He is in the same class with the lecturers, about whom The Advertiser has vigorously complained for years.

The Advertiser is not versed in the sciences, but we doubt whether Stiles can point to a single important disease which afflicts the Southern people solely because of the presence of the negro. There are three great disease menaces to the human body in this country, but they are diseases known in the old world in Biblical times, and while the negro has helped to spread them, he alone is not responsible for them—these diseases are not more prevalent in the South than in any other part of the country. And they have not weakened the women of the South, either physically or mentally, and any statement to the contrary is an impudent slander. Comparisons are not pleasant, nor



always in good taste, but Dr. Stiles makes the general statement that our women are not as strong, mentally and physically, as the women of Ohio for instance. Woman has given to every civilization its strength or weakness. The American woman has given the world a vigorous race of men. Now as to the classification:

Virginia, a Southern State, has given more Presidents to the United States than Ohio, and greater Presidents, take them all in all. The mothers of Virginia Presidents were Southern women!

Southern men dominated the first great convention called to cut the ties between this country and England. One of the greatest documents in English literature is the Declaration of Independence. It was written by Thomas Jefferson, Virginian, whose mother was a Southern woman.

The Constitution of the United States, characterized by Gladstone as the "Most remarkable document" that ever came from the brain of man, was fathered, mainly, by James Madison, Virginian, whose mother was a Southern woman. The fine hand of John Marshall, Virginian, is seen in the Constitution. He was our second and greatest chief justice of the United States Supreme Court. His mother was a Southern woman.

The War of the American Revolution was fought by Southern generals, the first of whom was George Washington, who was to become our first President—his mother was a Southern woman. The Southern colonies furnished a liberal quota of the hungry but dauntless soldiers who followed Washington, "Light Horse Harry" Lee, and others and helped to shape the military history of the times.

As one writer has well said, "even the most superficial acquaintance with the bare signboards of American history will suffice to show that for the first eighty years of our national life," the South not only dominated the councils of government, but furnished leaders for every great forward movement, "whether of politics or of morals." Their mothers were Southern women.

And there were "Old Hickory," stalwart character, John C. Calhoun and Henry Clay, the last two being a part of the "Great Trio"—of their times—their mothers were Southern women. The commander-in-chief of the American army in the Mexican war was

Winfield Scott, whose mother was a Southern woman. English literature is read.

In 1861 our country stood divided with two governments—Jefferson Davis headed one of them and Abraham Lincoln was the head of the other. Their mothers were Southern women.

The greatest soldier that ever donned a uniform on this continent—a fact admitted by unfriendly critics—was Robert E. Lee of Virginia, who fought General George Meade, Southern, but Union soldier, at Gettysburg. And there was Stonewall Jackson, Southern-born man, whose rank in history grows higher the longer our country lives. Southern mothers gave to posterity these literary lights: Sidney Lanier, Edgar Allen Poe, Henry Timrod, Paul H. Hayne, John R. Thompson, Theodore O'Hara, James Barron Pope, and Joel Chandler Harris, the only American author whose works have been translated into seventeen different languages. And there was Crawford W. Long, Georgian, who gave to the mothers not only of the South, but of the whole country, anesthesia. A Florida-born man gave to humanity the blessing of artificial ice.

During the bloody war of the sixties hungry and poorly-clad Southern women worked night and day to make uniforms, shirts, handkerchiefs, blankets and quilts and shoes to send to their husbands and brothers at the front. They sent boxes of food to the hungry soldiers. They organized aid societies in Alabama and other Southern States and helped the soldier boys. In Alabama they organized such clubs as, the "Grove Hill Military Aid Society," the "Suggsville Soldiers' Aid Society," "The Aid Society of Mobile," "The Montgomery Home Society," "The Soldiers' Wayside Home," in Montgomery, and many other similar organizations in this State. Not only that, they volunteered their services as nurses at the front, expecting no compensation save the consciousness that an all-wise God was blessing their every move. Southern mothers fathered the South during the awful years of that war, and inspired the crippled sons in rebuilding their homes after the conflict. For that poets have sung without ceasing since. The Southern woman's heroism and courage and devotion, her strength of body, mind, heart and

soul, have become by-words wherever English literature is read. And now the sons of Southern mothers dominate the government of the United States! The mother of Woodrow Wilson was a Southern woman. The mother of William Jennings Bryan was a Southern woman. Likewise the mother of Oscar W. Underwood, Champ Clark, Senator Simmons, John Sharp Williams, and through the veins of Thomas Riley Marshall flows Southern blood. The great intellectual forces which dominate the American Congress today are Southern-blooded men.

Several members of President Wilson's cabinet, including as we have said, Mr. Bryan, are either full-blooded Southerners or had Southern mothers.

The Chief Justice of the American Supreme Court and two of his associate members had Southern mothers.

And we may add in conclusion, the name of Richmond Pearson Hobson himself, whose beloved mother was a Southern woman.

Great men such as we have named, men who have dominated this country's greatest thought and progress, could not have sprung from mothers who were weakened by contamination with the diseases of Southern negroes.

The Southern mother from the beginning has been a power for good, a noble teacher, believing in the highest Christian ideals and the Southern mother of today, as yesterday, like Cornelia, Roman mother of the Gracchi, can point to her sons and say: "These are my jewels."

She has borne a strong race.

## PUBLIC HEALTH WORK OF THE NEGRO ORGANIZATION SOCIETY—BY WILLIAM ANTHONY AERY

AN ARMY of 30,000 Virginia Negroes busy at one time in town, city and country district, with the tasks of general house cleaning, whitewashing dwellings, fences, and outhouses, building sanitary privies, protecting the water supply from contamination—this is "clean-up day," a victory won by the Negro Organization Society of Virginia through the co-operation of white men and black men.

The safety of thousands of southern white citizens and their neighbors and an almost equal number of Negroes depends largely on good health among all classes and all races. Through the hearty co-operation of the Virginia

State Department of Health and the active workers in the Negro Organization Society, which aims to federate all the Negro associations of the state for better health, better education, better homes, better farms," there has been made possible in Virginia a new attitude toward public welfare.

A Health Handbook for Colored People prepared at the request of the Negro Organization Society and especially adapted for health campaign work, was issued as a public document in the Virginia health bulletin series, and was distributed by the Virginia State Board of Health. This handbook was copied word for word in a number of Negro newspapers, was read from many pulpits and was made the basis for many sermons and lectures by race leaders. White newspapers impressed on colored people the necessity of getting rid of insanitary conditions and protecting the health of white and colored people alike by improving their living conditions.

At the first annual meeting of the Negro Organization Society, which will be held in the Richmond City Auditorium on November 7, Governor Mann and Booker T. Washington will deliver addresses and make a plea for even more hearty co-operation between white people and black people for the promotion of better race relations. Reports will show the advance which has been made throughout the whole state in bringing into more helpful relation vast numbers of men and women who need to understand each other better.

The organization is purely benevolent and altruistic. It has no secrets, pays no death claim or sick dues, and offers no compensation of any kind to its officers or members for their services. It is not intended to supplant any other or-

ganization, or to compete in the slightest degree with other organizations in any field of endeavor.

Its sole purpose is to weld all organizations into a solid unit for morals, health, and education and to fill the same place in the state on the part of the colored people that the Co-operative Educational Commission fills on the part of the whites. It has already received the sanction and approval of many of the leading white educators of the state and the endorsement of a host of prominent workers in the state both white and black, with the pledge of their hearty co-operation and support.

Robert R. Moton, commandant for twenty odd years at Hampton Institute, its president and Prof. John M. Gandy, of the Colored Normal and Industrial Institute at Petersburg, Va., is executive secretary of the organization.